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SEPTEMBER 2015



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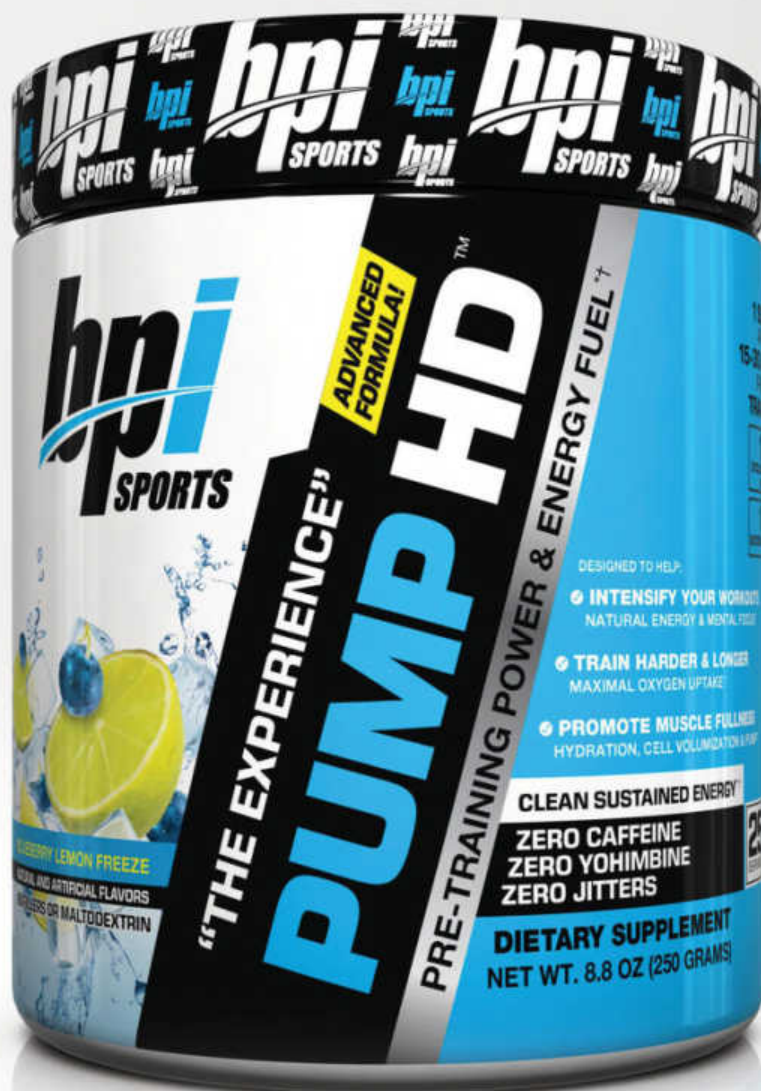
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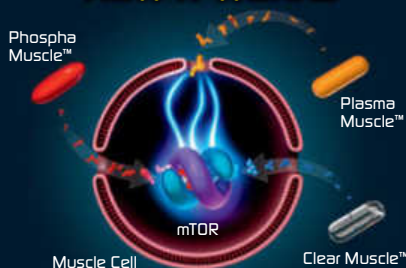


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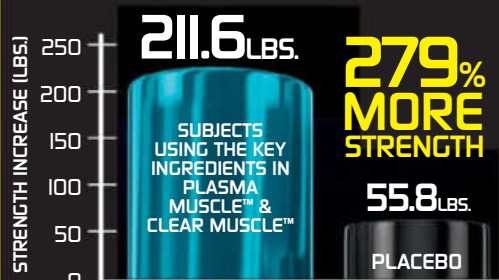
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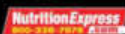
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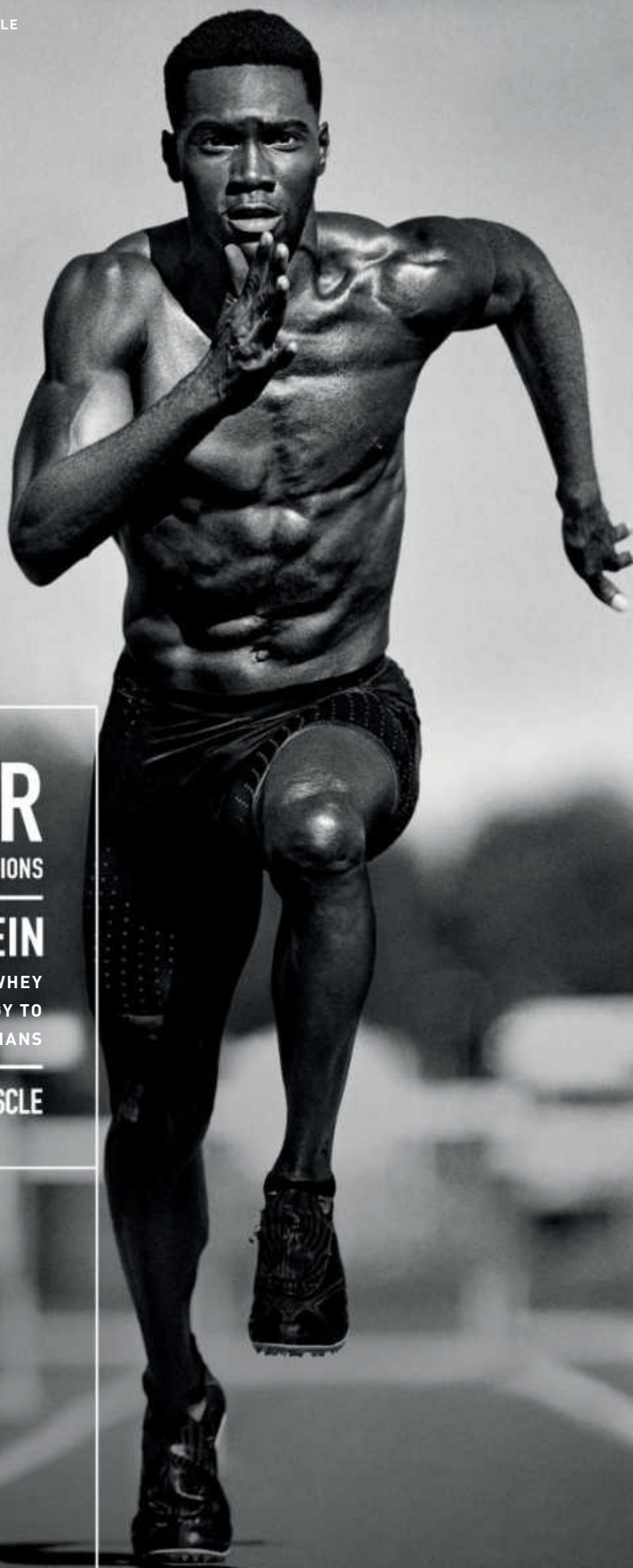
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Arm-building
tips from
Olympia-bound
IFBB pros
Heath, Greene,
Rhoden, and
Big Ramy!

INSIDE THIS MONTH

**SEPT.
2015**

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The surest bet in Vegas for bodybuilding and fitness fans.

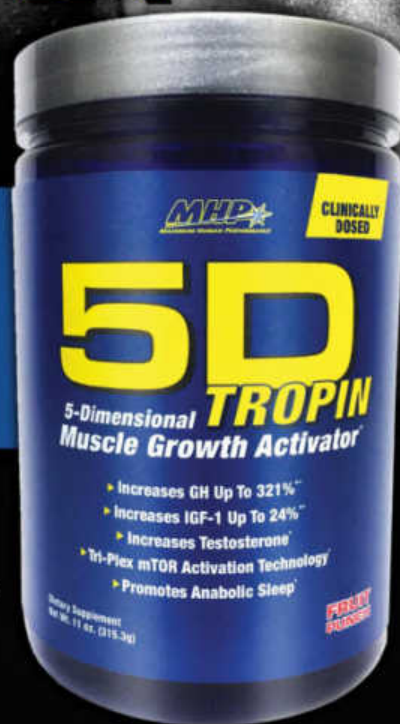
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FROM THE CHAIRMAN

TO THE OLYMPIA!

**GET YOUR TICKETS NOW
TO AN UNFORGETTABLE
WEEKEND IN LAS VEGAS**

This is it—the time of year all bodybuilding fans anticipate most. It's time for Olympia Weekend!

If you're reading this and haven't yet purchased your ticket to the biggest event in bodybuilding and fitness, I encourage you to turn to page 176 for more than a dozen compelling reasons to attend. And those are just at the Expo, where 55,000 fitness fanatics convened last year to see and be seen amid the biggest names in the sport and to check out hundreds of booths, activities, and giveaways galore.

Of course, the centerpiece of Olympia Weekend is the onstage competitions, in which the best of the best in bodybuilding, physique, fitness, figure, and bikini vie for the richest prize winnings in our sport's history—well over one million dollars!

Phil Heath will attempt to win a fifth consecutive Sandow trophy—a feat not accomplished since Ronnie Coleman secured win No. 5 back in 2002. It won't be easy, as he has a slate of top-notch pros gunning for him, all hungry for a taste of Olympia glory themselves. This month's cover features Heath with the man who's filled the runner-up spot the past three years—Kai Greene. But both Phil and Kai need to watch out for perennial contenders Shawn Rhoden, Dennis Wolf, and Dexter Jackson. And the biggest man in bodybuilding, Mamdouh "Big Ramy" Elssbiay, will surely be a force to be reckoned with come Saturday, Sept. 19.

We will provide extensive coverage all weekend long on FLEXonline.com, but there's nothing like being there. I know I will be, and I hope you can join me as we celebrate bodybuilding's and fitness's best and brightest.

The 2015 Olympia Weekend will be held in Las Vegas from Sept. 17 to 20. For more info and to purchase tickets, log on to mrolympia.com.

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DECADES,
BUT YOU STILL
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BODYBUILDER IN
INTERVIEWS. WHY?**

—JAMES B., VIA FACEBOOK

At the end of the movie *Pumping Iron*, after I win the Mr. Olympia title, I make a speech where I tell the audience that I'm retiring from competition but I'll never stop being a bodybuilder.

I meant it then, and I feel the same now. If you think of bodybuilding in the broader sense—not just as a sport but a lifestyle dedicated to the cultivation of one's physical potential, and the mental and spiritual benefits that come along with it—why would anyone just quit?

I've been a movie star, businessman, political leader, and many other things in my life, but my first great accomplishment was becoming a bodybuilder, and that gave me the physique that got me noticed, along with the work ethic and focus that helped make all my other dreams come true. So no matter what projects I'm tackling next, I like to remind people where it all started, and that bodybuilding means more than just muscular men in trunks posing on a stage. And it never becomes any less important, regardless of how much money you have or what direction your life takes. I still work out every day, not just to stay fit but to clear my head and keep the habit of setting and achieving goals.

If you make bodybuilding a part of your life, as routine as going to work or walking your dog, you'll have an ace up your sleeve in every situation.

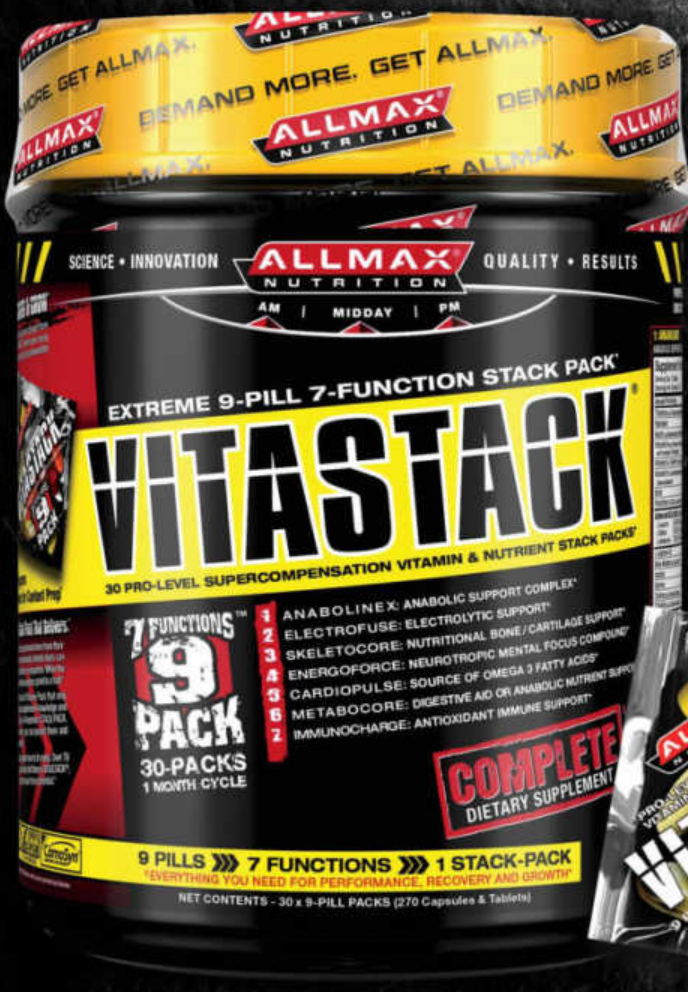
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This Month's Social Media Roundup



big_ramy Doing it onstage and in the airport lol [#gorilla](#) [#GAT](#) [#teamGat](#) [#bodybuilding](#) [#big_ramy](#)

flex_lewis A [#Throwback-Thursday](#) to a young [#FlexLewis](#) turning pro weighing 196lbs at the @ukbff_official British Finals. Fast-forward to the last years @koreagrandprix 15lbs heavier and 211lbs. This [#TBT](#) of 7 years is dedication to my craft.



@SteveKuclo What an honor to be on my first cover of @flex_magazine! Ever since I started bodybuilding @flex_magazine was the first magazine that I picked up to read and learn.

@PhilHeath Embrace all today good bad and ugly only to realize that you are Truly ALIVE and have options to achieve greatness.

@KaiGreene Turn your face toward the Sun...and the shadows will fall behind You. [#ThoughtsBecomeThings](#) [#Retna](#)

ON SOCIAL MEDIA



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Anthony Thomas // TEAM USPLABS ATHLETE*

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10 THINGS TO KNOW THIS MONTH

HIT LIST



STUFF

Take meals, supps, snacks, and shaker cups wherever you go in the durable ballistic nylon bag. The Originator 300 from Six Pack Fitness comes with seal-tight BPA-free containers, ice packs, and an adjustable shelving system.

\$110, sixpackbags.com



LISTEN

Slayer's 11th studio album is the band's first without founding member and guitarist Jeff Hanneman. Fortunately, *Repentless* still features Slayer's patented heavy double-bass sound.

Sept. 11



GROOM

Treat your skin as well as you treat your muscles. Herbacin's Camouflage After Shave Lotion contains carnosine to slow signs of aging and allantoin, panthenol, and witch hazel to help heal irritations.

\$44, herbacin.us

ULTIMATE
NUTRITION
PERFORMANCE



GO

The Olympia Fitness & Performance Weekend is the perfect excuse to book a Vegas getaway. Snap pics with IFBB Pro League superstars, stock up on free swag at the Olympia Expo, catch a boxing, arm wrestling, or strongman competition, and then watch reigning Mr. O Phil Heath go for his fifth consecutive Sandow at the 51st edition of the Mr. Olympia.

Sept. 17-20, mrolympia.com

HIT LIST

PLAY

This latest installment of **NHL 16** features an upgraded EA Sports Hockey League, as well as 6 vs. 6 Online Team Play, Online Couch Co-Op, and GM modes. Available for PS4 and Xbox One, **NHL 16** includes the ability to customize game gear and even beards. **\$60, easports.com**



EAT

Packed with 4-6 grams of plant-based protein and fiber from chia, coconut, and hemp, these USDA-certified organic, gluten-free, and vegan snack bars from Nature's Path Qi'a Superfood Snack Bar are as delicious as they are nutritious.

Warning: You'll be tempted to scarf down more than one.

\$1.80, naturespath.com



FUEL

Made with glucose and the electrolytes potassium and sodium, Glukos bars, tablets, ready-to-drinks, powders, gels, and gummies provide energy before, during, and after workouts.

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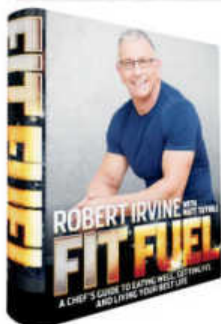
glukosenergy.com



READ

Longtime *Muscle & Fitness* contributor Robert Irvine's new book *Fit Fuel* shares the motivation, culinary prowess, and training plan that keeps him shredded at 50.

fitfuelbook.com



TECH

With three pairs of arc supporters and four rubber earbud attachments, Sony's splash-resistant Wireless Sports Headset lasts an impressive 8½ hours on a single charge.

\$100, sony.com



TRAIN

Increase full-body strength and explosiveness while getting a killer cardio workout with this versatile training aid. Filled with a blend of synthetic and natural fibers, the Everlast Powercore F.I.T. Bag is available in 20 and 30 pounds.

\$80 and up, shopeverlast.com



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BUSTED

KAI GREENE'S MUSCLE BUILDING SECRET IS OUT!

For the past 2 years, MuscleMeds research team has been feeding Kai Greene a "Secret Sauce." At first, even Kai didn't know what it was. All he was told was to take it immediately after his workouts. After only a few weeks, Kai felt it working. Finally, after one month and making some of his greatest gains, Kai had to know what was in this jar. He called MuscleMeds headquarters and said, "I love this stuff - I feel bigger, fuller and stronger already! You have to tell me what's in it." So, under confidentiality, they told Kai what it was... but no one else had access to this "Secret Sauce."

Then came the premiere of the acclaimed movie *Generation Iron* and the scene in Kai's kitchen where they showed Kai's muscle building arsenal - bright red MuscleMeds bottles including Carnivor beef protein, NO BULL pre-workout and Amino Decanate. But then the camera froze on an ominous dark bottle with the white label marked SECRET SAUCE. The cat was out of the bag and the bodybuilding world wanted to know what is Kai's secret supplement. The timing was perfect, as MuscleMeds had just secured high volume manufacturing capacities of the key anabolic ingredient in new SECRET SAUCE: Pharmaceutical grade BSA (Bovine Serum Albumin). MuscleMeds decided the secret is out and the time was right to release the game changer in post-workout supplementation with the world's first bioactive plasma post-workout formula of its kind - SECRET SAUCE.



Scan to watch "The Making of SECRET SAUCE" video from MuscleMeds, as first seen in *Generation Iron*!



Generation Iron is owned by the Vladar Company. Used with permission.



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5g BSA BIOACTIVE PEPTIDES & GROWTH FACTORS
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50g ISPIKE REACTIVE CARB SYSTEM
5g POWER-AMP CRE3 CREATINE COMPLEX

Dietary Supplement
1.94 lbs (879g)

ORANGE

Naturally & Artificially Flavored

ISP KE
TECHNOLOGY

SECRET SAUCE IS KAI'S POST-WORKOUT RECIPE FOR SERIOUS GAINS IN MUSCLE MASS & SUPER-FAST RECOVERY!

The secret to Kai's muscle building "sauce" is its bioactive Bovine Serum Albumin (BSA), supplied by the world's largest manufacturer of this pharmaceutical grade nutrient. BSA is an extensively researched bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolality and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.

Stimulating protein synthesis, replenishing muscle glycogen and ATP and modulating the anabolic effects of insulin are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger high levels of protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 creatine complex consisting of creatine monohydrate, Magnapower magnesium creatine chelate and creatine gluconate. Post-workout creatine uptake and ATP replenishment are enhanced by BSA's plasma transport gradient, leading to increased cell volumizing, muscle size and recovery.

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic aminos work in tandem with the iSPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.

THE WORLD'S FIRST BIOACTIVE PLASMA POST-WORKOUT FORMULA WITH BOVINE SERUM ALBUMIN

5g BSA Bioactive Peptides & Growth Factors

5g Leucine Loaded 10:1:1 BCAAs

50g iSpike Reactive Carb System

5g Power-AMP Cre3 Creatine Complex

"I was at MuscleMeds HQ restocking my supplements for the month when the head scientist introduced a new product in an ominous big jar with a white generic label that said 'SECRET SAUCE.' I was very intrigued by the name and asked questions on what the product was and when to take it. They didn't want to reveal much information to me, because they wanted my unbiased feedback. I was told to take 1 scoop immediately after my workout and to document my progress. I have faith and trust in my team over at MuscleMeds and I knew that by them not telling me much about the product – and 'keeping it a secret' – it was going to be a big deal when it launched. And I kid you not: Within a few weeks I noticed a drastic difference in my physique. I just had to know what it was and knew then it would be a mandatory tool within my supplement regimen." – KAI GREENE, 2x Arnold Classic Champion



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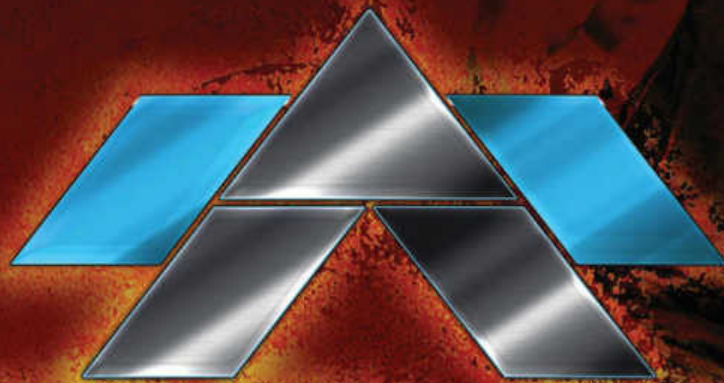


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^{*}When combined with a proper exercise and nutrition program.



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THE ARMS



There's an arms race going on. It pits the world's No. 1 and No. 2 bodybuilding superpowers against each other. On one side is Phil Heath, the four-time and reigning Mr. Olympia. On the other is Kai Greene, Olympia runner-up the past three years. Theirs is the closest high-stakes duel in IFBB history. Eight of the last 11 times they've competed they've been separated by only one spot, and their last

RACE

BY GREG MERRITT

FIERCE COMBATANTS
PHIL HEATH AND **KAI GREENE**
ARM UP TO BATTLE AGAIN FOR
THE MR. OLYMPIA TITLE



five meetings have gone one-two in favor of the Gift. As these closely matched warriors prepare to face off yet again at the Mr. Olympia on Sept. 18-19, we analyze their triceps, biceps, and forearm routines. These are the exercises and techniques bodybuilding's two greatest combatants are employing to arm up for their ultimate fight.



**WHERE LEGENDS
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Las Vegas, NV
Sept. 17-20, 2015

TRICEPS

When it comes to triceps size and shape, there are very few musclemen in history who could hang with Heath. His lateral heads—the stars of a side triceps shot—are stupendously dense, as are the long (inner) heads. Greene's long heads are also brimming with mass, but by contrast his perpetually striated lateral heads are lagging. When the No. 1 and No. 2 bodybuilders struck a simultaneous side tri at last year's Olympia, **their upper arms appeared closely matched in overall size**, but the heir apparent's smaller lateral heads didn't pop with the striking clarity of the champ's. Because all three heads (lateral, long, and medial) work to varying degrees on every triceps exercise, it's difficult for Greene to focus on his weaker tri heads without their stronger siblings taking over.



+

SIMILARITIES

ROPE PUSHDOWNS Both legends begin triceps work with rope pushdowns, which focus on their **tri lateral heads**.

HIGHER REPS These two don't agree on much. One area where their views coincide? Triceps rep ranges. **Both feel that tri's respond best to slightly higher reps than bi's.** The reigning king of bodybuild-

ing sticks to the 12-15 range, while the heir apparent aims for at least 15 every set.

VARIETY They **maximize diversity** in their four-exercise workouts, hitting tri's with both unilateral and bilateral exercises with a panoply of tools and grips. This variegation ensures that they stress all three triceps heads.

DIPS As with their choice for a triceps workout starter, they also agree on how to best end their tri training. **Their shared answer here would be dips**, either with bars or a machine. Because dips also involve the delts and the pecs, they're a good compound exercise to do last when the triceps have been pre-exhausted with isolation lifts.

PER BERNAL



Whether they are done with two hands or one, cable triceps exercises figure prominently in both men's routines.



HEATH'S TRICEPS ROUTINE

EXERCISE	SETS	REPS
Rope Pushdown	3	12-15
Incline Two-dumbbell Extension	3	12-15
One-arm Cable Extension	3	12
Machine Dip	3	12-15



GREENE'S TRICEPS ROUTINE

EXERCISE	SETS	REPS
Rope Pushdown	4	15
Lying Triceps Extension	4	15
One-arm Pushdown	4	15
Dip	4	15

DIFFERENCES

VOLUME While they *each choose four exercises* in the typical workouts listed here, Greene does four sets per exercise to Heath's three and thus 33% more overall sets.

INTENSITY While *Heath has to sometimes ride the brakes* to make certain his arms don't overwhelm the rest of his physique and throw off his symmetry, Greene has his foot on the triceps

accelerator. *He'll often include techniques to boost intensity.* For example, instead of rope pushdowns, he may begin with 15 reps of underhand cambered-bar pushdowns followed immediately by 15 reps with an overhand grip with the same weight. In effect, this is both a dropset (the overhand grip is stronger, so the weight feels lighter) and a superset (combining two slightly different exercises).

BICEPS

Greene has two of the highest-peaked biceps in bodybuilding history. His bi's have that rare Matterhorn look, and unlike some other alpine-armed legends, such as Arnold Schwarzenegger, both the left and right sides are symmetrically peaked. **Heath's bi's are not as pointy as his rival's**, but in each of his Olympia victories they've possessed a quality in abundance that most gargantuan arms lack: detailing. His arms in a front double biceps are an anatomy chart, and, upon close inspection, both biceps are striped with sinewy fissures.

HEATH'S BICEPS ROUTINE

EXERCISE	SETS	REPS
Alternate (5-rep) Dumbbell Curl	3	10
Concentration Curl	3	10
Spider Curl	3	10
EZ-bar Curl	3	10

GREENE'S BICEPS ROUTINE

EXERCISE	SETS	REPS
Barbell Curl	4	12-15
EZ-bar Preacher Curl	4	12-15
Alternate Dumbbell Curl	4	12



SIMILARITIES

VOLUME Though Heath does four biceps exercises to Greene's three, **both compile a total of 12 sets** in our representative workouts. (However, Greene also often includes hammer curls and reverse curls in his forearm routine, and those exercises also stress biceps.)

FREE WEIGHTS On occasion they may use a machine or cable for curls, **but more often than not they choose only free weights.**

Both believe a barbell, an EZ-curl bar, dumbbells, and a preacher/spider bench are all that's necessary for optimum biceps work.

MIND TO MUSCLE Greene and Heath **preach the importance of focusing intensely on every rep** from stretch to contraction. They're always attuned to the sensation of the targeted area under tension, and they often watch their biceps contract to better concentrate on the muscle, not the metal.

DIFFERENCES

ORDER Whereas Greene begins his routine with barbell curls and ends with alternate dumbbell curls, Heath flips that script, starting with unilateral dumbbell curls and finishing with bilateral bar curls. **There are many "right" ways to arrange your exercises**, and this can be changed from workout to workout.

ALTERNATION Greene **alternates his dumbbell curls the traditional way**, switching back and forth between his left and right sides each rep. Heath sometimes does this, but he's more

likely to do five reps with one side before doing five reps with the other. He believes this allows him to better target each muscle.

REP RANGE The world's current No. 2 bodybuilder **likes to do higher reps for biceps**, often hitting 15, while the reigning No. 1 aims for 10 every set.

EMPHASIS Heath places a **greater focus on contractions** with spider curls and concentration curls. Greene emphasizes the stretch portion of reps with preacher curls.



Rather than heaving heavy weights, mental focus on the muscle is the priority for the champ and the challenger.

HEATH VS. GREENE ALL PLACINGS

PER BERNAL

CONTEST	HEATH	GREENE
2006 Colorado Pro	1	14
2006 New York Pro	1	DNP
2008 Arnold Classic	2	3
2009 Mr. Olympia	5	4
2010 Arnold Classic	2	1
2010 Mr. Olympia	2	7
2011 Mr. Olympia	1	3

CONTEST	HEATH	GREENE
2011 Sheru Classic	1	3
2012 Mr. Olympia	1	2
2012 Sheru Classic	1	2
2013 Mr. Olympia	1	2
2013 Arnold Classic Europe	1	2
2014 Mr. Olympia	1	2
HIGHER PLACINGS	11	2

FOREARMS

The greatest difference between the arm routines of the world's No. 1 and No. 2 bodybuilders is their forearms. Despite never having done a working set of wrist curls, the four-time Mr. O, known as the Gift, boasts two of the all-time best lower arms. He sometimes does hammer curls, but hammers focus on the brachialis and biceps of the upper arms as well as the brachioradialis of the forearms.

In sharp contrast with Heath, not only is Greene one of the few pro bodybuilders who regularly targets forearms, but he places a special emphasis on this lagging area. **Always an iconoclast, the three-time Mr. O runner-up sometimes breaks an arm-day edict** by doing forearms before upper arms. This is advised against because starting with wrist curls and reverse curls can lessen one's grip strength in subsequent biceps and triceps lifts. Nevertheless, Greene feels any such pre-exhausting is worth it to focus on forearms—his lagging arm area—while his vigor is greatest. He makes his own rules. Sometimes you need to think extraordinary thoughts to generate extraordinary results.



GREENE'S FOREARM ROUTINE

EXERCISE	SETS	REPS
Wrist Curl	5-6	15-25
Reverse Curl	4	15-25
Hammer Curl	4	15-25



ARMED ATTACK

At last year's Mr. Olympia, the Heath versus Greene rivalry heated up to such a boil that the two nearly came to blows onstage. Needless to say, they don't like each other. So there's that. But, to an even greater extent, what makes this perennial matchup so intriguing is the fact that



Will the sport's hottest rivalry for three years running see Round 4 at this September's 2015 Mr. Olympia?

despite their inevitable close proximity in first callouts and final placings, **their physiques are widely divergent.** It's like comparing avant-garde artwork with a classical sculpture. Apple or orange?

Their arms, too, are closely matched and yet wholly unique. Heath's muscle bel-

lies are long and full. His triceps and forearms are his strengths. And his arms look their best in any variant of his most muscular pose. Greene's parts form sharp angles. His pointy biceps are his assets. And his arms look their best in the front double biceps.

On Sept. 18-19 at the 51st

Mr. Olympia, these two rabid foes **will face off for their 14th battle over nine years, perpetuating what is the most contentious rivalry in bodybuilding history.** Like the previous five occasions, will Phil Heath and Kai Greene finish one-two once again? And, if so, who will be No. 1 this time? **FLEX**

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The enormous proportions of shredded muscularity seen in the photos of today's top professional bodybuilders leave most of us staring in shock and envy. How do they achieve such mind-blowing massive physiques? How do they get their deep cuts, striations and vascularity?

If you think the answer is "testosterone," you're only partly right! Today's top pros know that in order to optimize the anabolic effects of testosterone, they must address many other extremely important hormonal functions...

Major pharmaceutical companies and universities have spent countless dollars in the fields of testosterone replacement and hormonal manipulation. Under the guidance of "in-the-know physicians" and widely acclaimed "gurus," pro bodybuilders have capitalized on this research to take their physiques to amazing proportions. However, those of you who don't have access to this underground network have been left in the dark on how to harness your anabolic potential. But now you have access to a powerful tool for hormonal manipulation thanks to MHP's new **Clinical Strength T-BOMB 3xtreme!**



"We were very impressed with the results of T-BOMB 3xtreme for supporting optimal hormonal balance during training. The athletes taking T-BOMB 3xtreme had more muscle mass and showed a significant 32% improvement in free bio-active testosterone over the control group, with no change in plasma estrogen levels. T-BOMB 3xtreme is a highly recommend supplement for serious athletes."

**- Jacob Wilson, Ph.D.
University of Tampa,
Human Performance Laboratory**

Bodybuilding's Legendary Testosterone Formula

Truth be told, you've been misled to believe that jacking up testosterone alone is the answer to building freaky muscle mass and improving sexual prowess. Instead, the key to achieving all your bodybuilding goals is through *hormonal manipulation*. This is what set MHP's revolutionary T-BOMB II apart from all other testosterone products and made it the legendary category leader. This powerful formula pioneered a new era of "True Hormonal Manipulation and Testosterone Enhancement" designed to help boost testosterone levels, while simultaneously working to limit testosterone conversion to estrogen, block estrogen receptors, help cripple SHBG to increase free testosterone levels and also lower conversion to DHT. This is why hundreds of thousands of men experienced tremendous results from T-BOMB II.

So, how do you make the best testosterone formula even better? You make it stronger!

New Clinically Tested T-BOMB 3xtreme Is 20% Stronger! The University of Tampa Human Performance Lab Put It to the Test

MHP scientists realized the only way to make a better product than T-BOMB II was to make this revolutionary formula even stronger. So they increased the potency of this already potent formula by 20%. To prove the efficacy of new T-BOMB 3xtreme, MHP turned over their powerful test boosting formula to a third party research team and told them to put the product through the most vigorous testing possible. Six weeks later, they had the answers they were looking for – scientific validation that T-BOMB 3xtreme works like no other pro-testosterone product. The groundbreaking research from the University of Tampa Human Performance Laboratory shows that Clinical Strength T-BOMB 3xtreme not only increases total testosterone, it significantly boosts bioactive FREE testosterone up to 32% in just six weeks without increasing estrogen levels!

Here's how the research went down: Scientists at the University of Tampa gave T-BOMB 3xtreme to athletes and put them on a rigorous exercise program, training upwards of 10 times per week for six weeks.

Interestingly, the workout conditions were so intense that the control group of athletes who did not take T-BOMB 3xtreme actually experienced a decrease in free testosterone and lost lean body mass. But the athletes who did take T-BOMB 3xtreme daily experienced elevated testosterone, increased free testosterone and a significantly improved testosterone-to-estrogen ratio!

Clinical Strength T-BOMB 3xtreme uses potent doses of powerful herbal extracts, an advanced 5-step hormone optimizing technology and a 2nd Messenger Complex to help increase testosterone levels. At the same time, its advanced 5-step formulation inhibits the conversion of testosterone to estrogen, blocks

estrogen receptors and reduces the production of DHT – which all add up to enhanced anabolic muscle building and improved male performance.

Because of its highly advanced formulation and powerful ability to promote extreme muscular growth, T-BOMB 3xtreme is the test booster of choice for top pro athletes such as Victor Martinez, Brian Shaw, Marco Rivera, Jon Andersen and Joe Mazza. These elite bodybuilders, strongmen and powerlifters turn to T-BOMB 3xtreme to experience the following benefits:

- Increased Muscle Mass and Strength
- Increased Protein Synthesis
- Increased Muscle Glycogen Synthesis
- Increased Sex Drive and Performance

Mimic the Stacks Used by the Pros. T-BOMB 3xtreme's Advanced Optimone-5™ Equals Total Hormonal Manipulation

Clinical Strength T-BOMB 3xtreme's legendary formula and Optimone-5 technology are now 20% stronger than ever! This means T-BOMB 3xtreme provides clinically validated benefits that no other product can provide:

1.) Increases Your Natural Production of Testosterone*

Clinical doses of the most proven testosterone-boosting compounds help force your pituitary into overdrive! Clinical Strength T-BOMB 3xtreme stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, helping to promote explosive strength and head-turning gains in rock-hard muscle mass! T-BOMB 3xtreme's incredible testosterone-boosting effects were clinically shown in the University of Tampa research and blow away other test formulas on the market! (See Diagram #1)

2.) Increases "Free Testosterone" by Up To 32% and Cripples SHBG*

Elevated testosterone is only beneficial if it is circulating in the blood as "free testosterone." Sex-hormone-binding globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB 3xtreme doesn't just lower SHBG, it helps annihilate it! T-BOMB 3xtreme frees up more testosterone for even greater gains in mass and strength. **The University of Tampa study verified a 32% increase in free testosterone without increased estrogen.*** Increased sex drive is another positive "side effect" you will experience. (See Diagram #1)

3.) Helps Stop Testosterone to Estrogen Conversion

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme converts some of your testosterone into the female hormone estrogen, which is responsible for the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-aromatase inhibitors found in T-BOMB 3xtreme eliminate the conversion of testosterone to estrogen. This tremendous triumph for MHP R&D formulators solves a very serious problem for bodybuilders everywhere. (See Diagram #2, Figure A)

4.) Blocks Estrogen Receptors

Stage 2 of T-BOMB 3xtreme's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, ensuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB 3xtreme's two-stage assault, testosterone – and only

testosterone – dominates your hormonal composition. (See Diagram #2, Figure B)

5.) Lowers the Conversion of Testosterone to DHT

Testosterone can also convert into a hormone known as DHT, which is responsible for negative side effects such as poor hair and follicle quality and non-cystic acne. Clinical Strength T-BOMB 3xtreme provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with testosterone for the androgen receptor, leaves even more receptors open for testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Amplifier!

Regardless of how much testosterone you have pumping through your body, you aren't going to benefit if your receptors aren't responding. If your muscle cells aren't ready to accept all of this extra "T," your testosterone-maximizing efforts are being wasted!

Here's how it works: When testosterone arrives and docks at the muscle cell receptor site, complex intracellular compounds called "2nd Messengers" communicate this arrival to the cell nucleus and trigger an anabolic (muscle building) reaction. The more efficient your 2nd Messengers are working, the louder the signal they send. This is referred to as signal transduction, and the amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased exponentially!

Clinical Strength T-BOMB 3xtreme brings this amazing, new receptor site technology to you with its proprietary 2nd Messenger Complex. Exclusive to T-BOMB 3xtreme, this complex has upped the ante on testosterone's role in bodybuilding... forever! (See Diagram #3)

T-BOMB 3xtreme: It's Like Testosterone on Testosterone!

Clinical Strength T-BOMB 3xtreme's Optimone-5 Complex will make sure your hormonal landscape is primed for growth. Let's go through our checklist:

- Your pituitary is in overdrive, cranking out testosterone.
- You're crippling SHBG, allowing even more "free testosterone" to be available to latch onto the muscle receptors.
- You're shutting down estrogen with a two-stage assault by halting the conversion of testosterone to estrogen and by blocking the estrogen receptor so estrogen cannot be utilized.
- Then comes the Grand Finale – The 2nd Messenger Complex sends an amplified signal that testosterone has arrived and helps unleash its anabolic effects.

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength, that they are offering a 100% money back guarantee if you're not satisfied with T-BOMB 3xtreme – NO QUESTIONS ASKED!*

THE LEGEND CONTINUES WITH T-BOMB 3XTREME!

DIAGRAM 1

INCREASED FREE TESTOSTERONE*

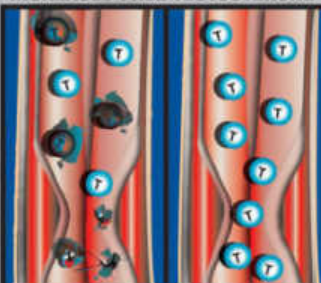


Figure A

Figure B

Figure A illustrates what happens to 98% of your testosterone when it reaches the bloodstream. SHBG (sex hormone-binding globulin) attacks your testosterone and kills it.

Figure B illustrates T-BOMB 3xtreme's powerful ability to keep your testosterone "FREE" by preventing SHBG (sex hormone-binding globulin) from attaching to it. T-BOMB 3xtreme helps maximize the amount of "free testosterone" that your body can use to help trigger an anabolic (muscle building) reaction.*

DIAGRAM 2

TWO-STAGE ESTROGEN BLOCKER

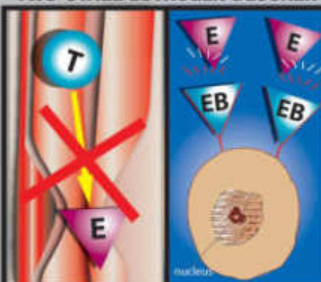


Figure A

Figure B

Figure A. T-BOMB 3xtreme helps block the conversion of testosterone to the female hormone estrogen by providing your body with the critical nutrients necessary to hinder this conversion.

Figure B. T-BOMB 3xtreme contains compounds that fill up and block the estrogen receptors in your body. By doing so, the blocked estrogen cannot be absorbed.

DIAGRAM 3

2ND MESSENGER AMPLIFIER

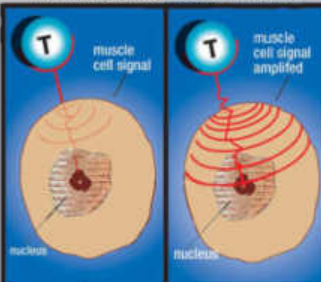


Figure A

Figure B

Figure A illustrates what typically happens when testosterone reaches your muscle cell receptors. A weak signal and reaction minimizes testosterone's effects.

Figure B. T-BOMB 3xtreme's exclusive 2nd Messenger complex takes testosterone signal to the next level by magnifying the testosterone signal in your muscle cells. This powerful signal forces an unprecedented anabolic (muscle building) reaction.

T = Testosterone E = Estrogen EB = Estrogen Blocker

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A close-up, high-contrast photograph of a man's face, focusing on his intense, light-colored eyes. The lighting is dramatic, with deep shadows and bright highlights. A glowing, wavy yellow energy line curves across the bottom of the frame, adding a sense of motion and power.

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1ST SET

PAGE 68

SIMPLY MARVELOUS

HOW MELVIN ANTHONY BUILT HIS AMAZING BACK



Is four-time Mr. O Phil “the Gift” Heath looking to retire from competition?

PAGE 54

Relive 50 years of O greatness before the 2015 Olympia Weekend.

PAGE 56

Reigning 212 Showdown champ Flex Lewis’ tips for stress management.

PAGE 60

Kai Greene, Steve Kuclo, “Big Ramy,” and other IFBB pros talk shop.

PAGE 62

Four things you never knew about figure pro Candice Lewis.

PAGE 64

“The Pro Creator” Hany Rambod reveals his training secrets.

PAGE 66



**WHERE LEGENDS
ARE MADE**

Las Vegas, NV
Sept. 17-20, 2015



PHIL'S DYNASTY?

**"THE GIFT" SPEAKS HIS
MIND ON KAI GREENE,
STAYING AHEAD OF THE
COMPETITION, AND
SETTING A NEW RECORD**

Q Everyone focuses on the top two. What do you think about the other athletes?

It's definitely not a two-man show. There are many great athletes out there. It's my job to knock the up-and-comers down. I have to be ready to do the work, and it's not easy because they all want to kick my ass out there. In the end, though, it's not about beating the others. I have to respect myself, and I have to compete against myself. To win, I have to be better than Phil Heath.

Q HOW MUCH LONGER DO YOU THINK YOU'LL BE COMPETING?

I figured out the other day that Ronnie Coleman won his first of eight Sandows at the age of 34. I won four by 34, and I'm 35 now. So I think I've still got time.

Which Olympia-winning version of Phil Heath do you think was your best?

Version 2013. I was 240 pounds, I had muscle maturity kicking in, and I was showing all-out conditioning because I was going to beat Jay Cutler and all the rest. That's part of the plan for this year's O—the goal is to build on what I did in 2013.

ASK PHIL
Have a question for Phil? Ask it on the **FLEX** Facebook page for a chance to see it here.

Q WAS THE CONTROVERSY WITH KAI GREENE AT LAST YEAR'S OLYMPIA PRESS CONFERENCE HYPE OR REAL?

Oh, yeah, it was real. The experience was real, and it was both good and bad to go through. I expected that something was going to happen because of the outcome in 2013 and because there's always so much buildup of the hype anyway. For him, I think he was caught up in it and pushed things too far, but we got over it and moved on. That wasn't about the sport of bodybuilding. That was a sideshow.

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THE GREATEST SHOW ON EARTH

BEFORE THE MADNESS OF OLYMPIA WEEKEND KICKS OFF SEPT. 17-20, TAKE A FINAL LOOK BACK AT 50 YEARS OF O AWESOMENESS



THE FIFTH ELEMENT

■ **What is it with German bodybuilders and fifth place at the O?** In 2002, Günter Schlierkamp, who, in his previous four O appearances had never cracked the top 10, leapfrogged to fifth. In 2006, Dennis Wolf's Olympia debut ended with a big fat DNP. But the following year, a new star was born as Wolf took fifth. Both men went from good to elite-level bodybuilders.

GREATEST ARMS EVER

■ **Arms, the showstopper** body part adored by all. There have certainly been some great arms raised in victory on the Olympia stage, but **which pair can lay claim to being the greatest of all time?** Here's what the FLEX staff thought. Tell us which Mr. Olympia you think had the greatest set of pipes at FLEXonline.com/olympiarms.

1 PHIL HEATH

2 RONNIE COLEMAN

3 ARNOLD SCHWARZENEGGER

4 SERGIO OLIVA

5 LARRY SCOTT

6 DEXTER JACKSON

15
Record for most Olympias entered

Held by **Ronnie Coleman** and **Dexter Jackson**. Jackson holds the record for most top 10 finishes, too. "The Blade" is set to compete Sept. 19-20.



Lou Ferrigno hulks out on **Flavio Baccianini** at the '93 O.



DAVID AND GOLIATH

■ **We all love stories** where the little guy topples the big guy. Unfortunately, the Davids of the Olympia stage don't have the aid of a trusty rock and sling to level their bigger foes. From 1973 to 1975, 6'2" Arnold Schwarzenegger defeated 5'5" Franco Columbu. And during his reign, 5'11" Lee Haney beat out 5'2" Mohamed Makkawy, 5'5" Lee Labrada, and 5'3" Mohammed Benaziza. And who can forget **4'10" Flavio Baccianini next to 6'5" Lou Ferrigno?** Still, two "little" dudes did have their day: Columbu in 1976 and 1981, and 5'6", 235-pound Dexter Jackson in 2008. Take that, you big bullies!

MAMA SAID KNOCK YOU OUT!

■ We've all heard the saying, "You have to knock out the champ to beat him." In 50 years a mere **six champs have eaten the canvas.** Larry Scott, Arnold Schwarzenegger, Franco Columbu, Lee Haney, and Dorian Yates all retired as undefeated champs.

1970 **SERGIO OLIVA**

1980 **FRANK ZANE**

1984 **SAMIR BANNOUT**

2006 **RONNIE COLEMAN**

2008 **JAY CUTLER**

2009 **DEXTER JACKSON**

2011 **JAY CUTLER**

12

Record for most Olympia top 6 finishes

The three-way tie is held by **Kevin Levrone, Shawn Ray, and Dexter Jackson.**

BACK IN THE SPOTLIGHT

■ Ever since **Lee Haney** unfurled his lats at the 1984 Olympia, back has become the **one body part to make the biggest impact onstage.** A glance at our staff list is quite telling. The first three Mr. O's didn't make the cut, and only two predate Haney's time. Ronnie Coleman in first and Dorian Yates in second were unanimous choices. Tell us what you think at FLEXonline.com/olympiabacks.

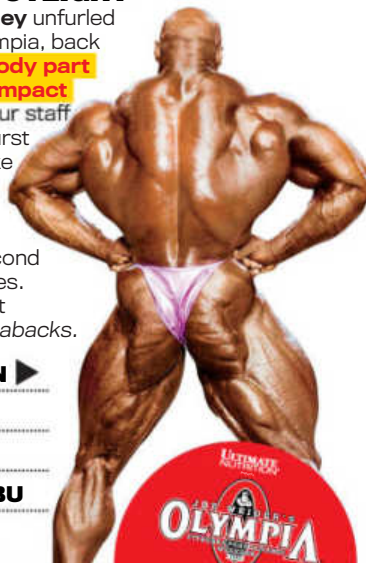
1 RONNIE COLEMAN ▶

2 DORIAN YATES

3 LEE HANEY

4 FRANCO COLUMBU

5 SAMIR BANNOUT



GROWTH SPURT



Mia Finnegan, Fitness Olympia **1995**



Davana Medina, Figure Olympia **2003**



David Henry, Olympia 202 Showdown (now 212) **2008**



Sonia Gonzalez, Bikini Olympia **2010**



Mark Anthony, Men's Physique Showdown **2013**



Dana Linn Bailey, Women's Physique Showdown **2013**

■ During the heydays of Larry, Sergio, Arnold, Frank Zane, Lee, Dorian, and even Ronnie, the Olympia was all about the men's competition. While the Mr. Olympia (proper) still dominates, **the inclusion of other divisions has grown Olympia Weekend into the IFBB Pro League's premier contests** for 212, figure, fitness, bikini, and men's and women's physique. Fans from all over the world come to experience the four-day event.

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BACK SQUATS
8 SETS - 8 REPS PER SET

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READY FOR A SHOWDOWN

IN THIS SPECIAL OLYMPIA EDITION, THE WELSH DRAGON TELLS HOW HE PREPS FOR THE MOST IMPORTANT CONTEST OF THE YEAR



**WHERE LEGENDS
ARE MADE**
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Q To get to the O stage, what's more important: hard work or natural talent?

It's a double-edged sword. I know guys who are the hardest workers in the world, **but they don't have the genetics to make a go of it in bodybuilding.** You've got to work hard, because natural talent will take you only so far. But I think genetics plays a huge role, and a person might not ultimately succeed without genetics on his or her side. What I can say for sure is that the combination of the two is lethal.

Typical lunch?

Chicken and quinoa.

Q DO YOU SEE YOURSELF AS THE RONNIE COLEMAN OF THE 212 DIVISION?

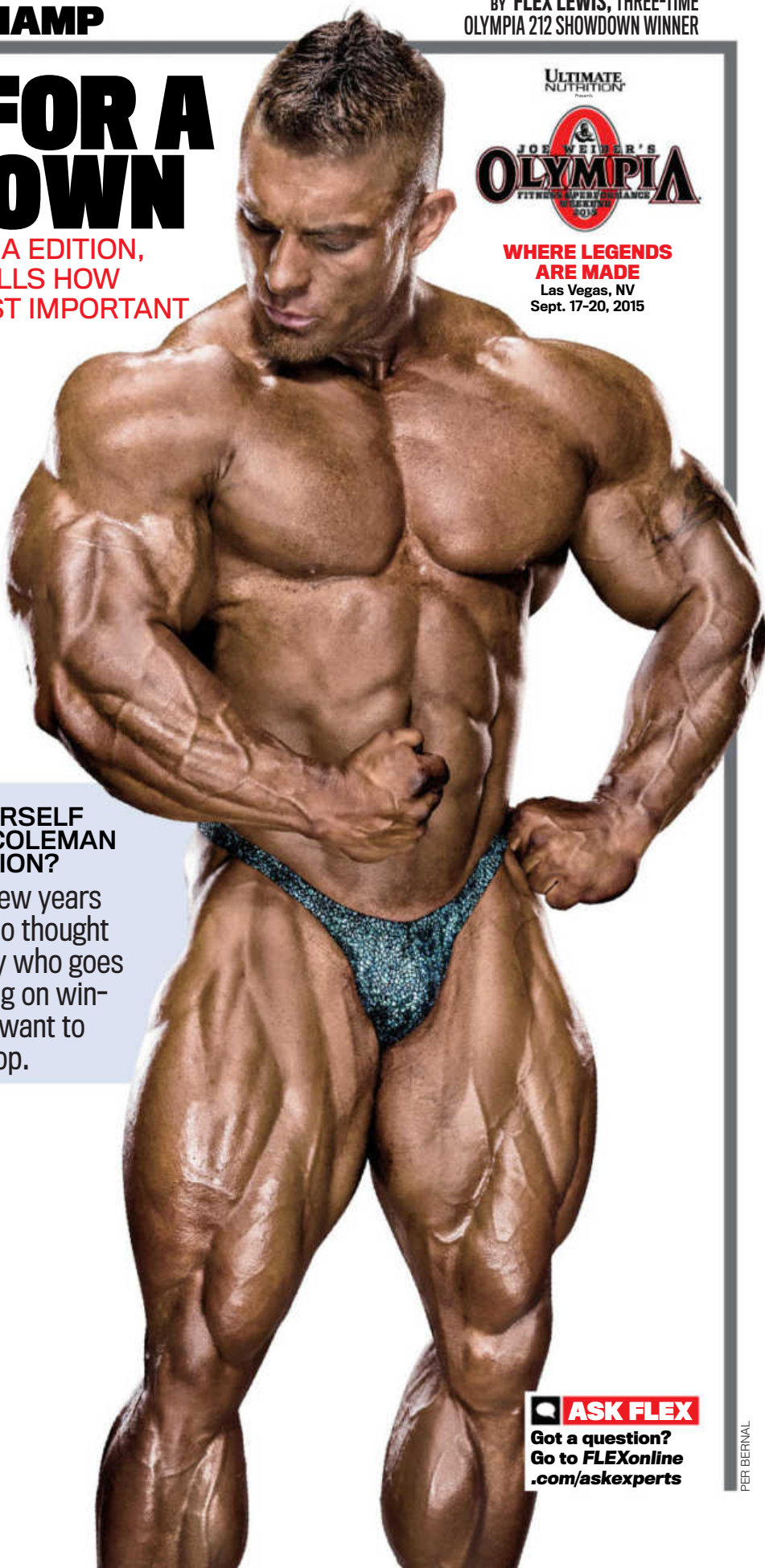
I'm relatively young, got a few years left, and there's currently no thought of leaving. But I'm not a guy who goes around saying he is planning on winning seven or eight titles. I want to walk out when I'm still on top.

How do you manage stress?

I've got a good mindset going into a contest—it's **another chance to get onstage and challenge myself.**

In the past two years, which have been stressful with all that's going on, I started pursuing strategies to ease the effects of stress on my body; because stress really does have physical effects on the body.

I started doing acupuncture. I was a skeptic—I walked in thinking it wouldn't be helpful; but then, when I walked out, I felt rejuvenated, maybe even a little euphoric. So I do that, and other things, too, like deep-tissue massage. And I surround myself with good people.



ASK FLEX
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In The Bag...

You like to travel light. Don't need much, just the essentials – protection for the grind of daily warfare. That trusty leather weight belt for leg day; the bag of chalk and well-worn straps for stronger, longer pulls; a change of shirt for when you soak through the first; the rock solid can of Animal Flex. Yeah, the award winning, best-selling joint supplement is found in bags of seasoned iron warriors and IFBB pros the world over. Why? Because it's comprehensive and it flat out works. It's also backed by the best guarantee in the industry. This is a game that's measured in pounds and inches; you understand that you don't grow if you can't train, and you can't train if your body is holding you back. Give it the support it needs and your gains will be in the bag.

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GREENE'S DAY

KAI GREENE REVEALS WHAT GOES ON BEHIND THE SCENES AT THE OLYMPIA

Q What do you think about while you're waiting to go onstage?

I've been there thinking I'd worked harder, dieted harder, and I was ready—ready to step onstage with boldness and confidence. I've also been there thinking things hadn't gone as well; it resulted in an energy that was less than inspiring for an audience or judges to view, and it reflected the truth that a bunch of issues riddled the mind.

Memorable fan moment from the 2014 O?

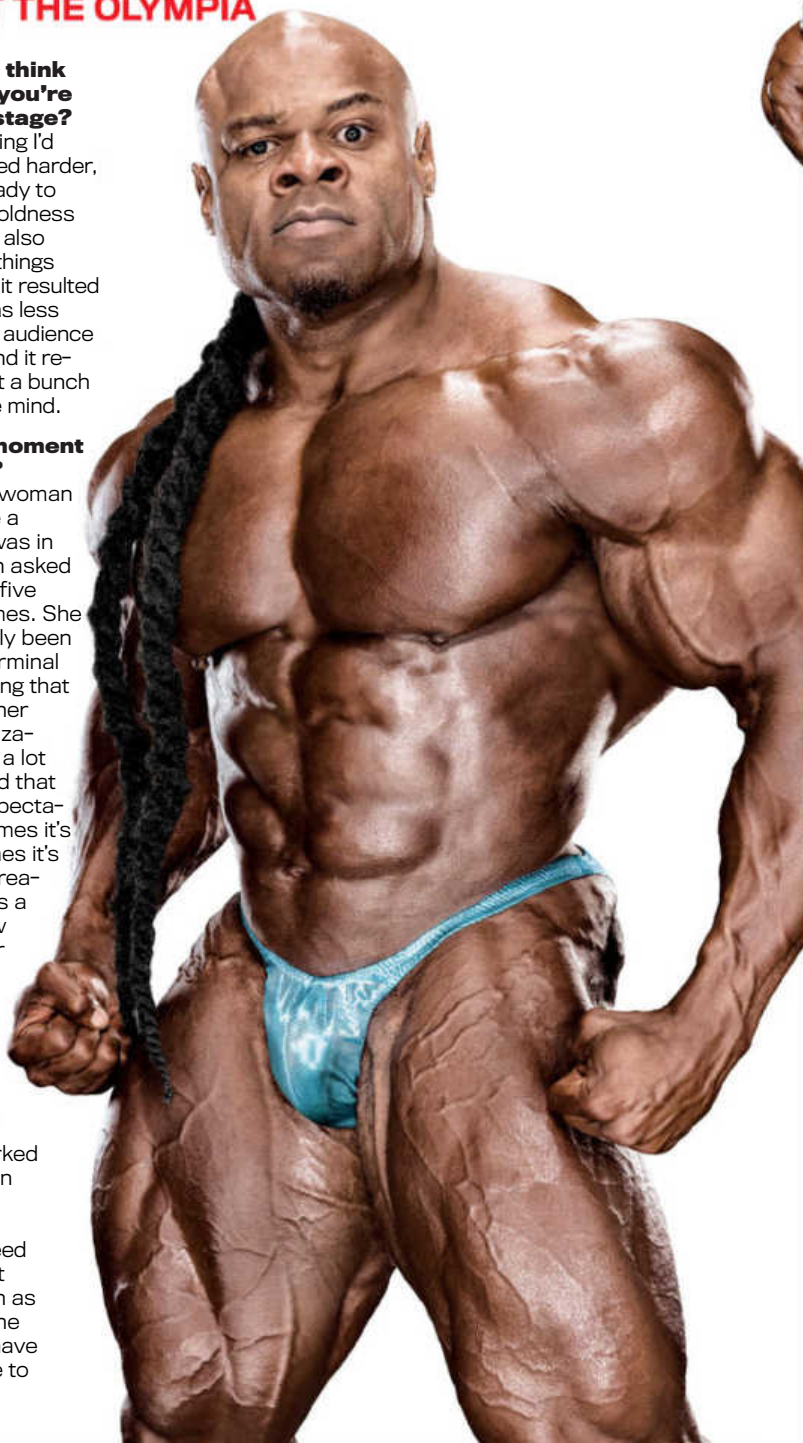
I was stopped by a woman who wanted to take a picture with me. It was in an area that I'd been asked that same question five times, a hundred times. She said she had recently been diagnosed with a terminal illness, and that taking that photo had been on her bucket list. The realization was that I have a lot of responsibility, and that there are a lot of expectations of me. Sometimes it's wonderful, sometimes it's awkward, but it's a reason to be present as a warrior and to know it's an honor to offer that to people.

What is your schedule like the day of the Olympia finals?

It depends on your timetable, and what your coach has worked out, where you are in your depletion, how you looked the day before, what you need to change, and what you need to work on as a result of that for the night ahead. If you have a sponsor, you have to spend time at their booth.

Q WILL WE EVER SEE THE BREAK DANCING AND POPPING MOVES THAT YOU USED TO DO IN YOUR ROUTINE?

Absolutely. You will see more of those creative things. Putting together the ideas that will result in the awesome finished piece I will deliver [at the Olympia] is an ongoing process. It takes time, and it takes thought and vision.



STEVE KUCLO

Q What aspects of everyday life are more difficult because of your size?

As a firefighter, getting into a tight space in the back of an ambulance can be challenging. Clothes, fitting small. Airplanes suck.

Where have you been since last year's Olympia?

After the tour following the O, I took a year off to make changes. I also met and married my wife [IFBB bikini pro Amanda Latona]. Being able to focus on everyday life, working on everyday life was the best time ever.

Pros you admire?

Jay Cutler. He's cordial to fans, and he works hard at everything.

What is your next contest?

I'm looking at the IFBB Wings of Strength Texas Pro [Aug. 20-22]. I went overseas after the 2014 Olympia and earned a lot of points in the Olympia Qualification Series, so I'm hoping to return to the Olympia this year.

MAMDOUH "BIG RAMY" ELSSBIAY

Q Describe a typical dinner. What's on your plate?

My typical dinner during contest prep is basic: fish and broccoli, with no carbs.

What bodybuilders do you admire?

My idols are Ronnie Coleman and Victor Martinez.

How do you manage pre-contest anxiety?

I pray to control my anxiety.

Does natural talent trump hard work?

You need both. And you need to love what you do.



DANY
GARCIA

Q You played a college sport?

I was on the crew team at the University of Miami, and for crew there was water and dry-land training, with lots of weight training.

Have the lessons you've learned in bodybuilding translated to other areas of your life?

My work background is grounded in Hollywood and media. I

think there are a lot of aspects of pro bodybuilding that correlate with my experiences in Hollywood, and it goes way beyond the glittering posing suits and the stage performance aspect. I believe that if you can get the timing of contest dieting, and you can learn to show up to a contest in condition, you can accomplish anything.

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* Selected references (1-11) are available at snac.com

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BY PAMELA NULLET



CANDICE LEWIS

**IF THIS FIGURE COMPETITOR FEELS LIKE PASSING
OUT AFTER HER LAST SET, SHE DID HER JOB**

**What has your
mentality been
throughout your
prep for the
Olympia?**

I train myself, so I don't have anyone pushing me and telling me, "One more rep!" My philosophy is to give it all at the gym until I'm exhausted, and then I can go home and relax.

**You grew up
with 10 siblings;
how did that
impact you?**

It taught me to lead by example. And having sisters with body image issues helped me realize the importance of loving your body. It doesn't have to be perfect.

**What are two
things you've
learned from
competing?**

Embrace the hard times because they'll make you **better, and enjoy** the good times because that's your reward for working your **butt off**.

**Does anything
scare you?**

Pigeons! I was involved in an incident with a goose and a pigeon when I was a kid. Now I have to cross the street and take my mind elsewhere when I see them. It's so bad I think I need to see a hypnotist.



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- ✓ Performance

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XPEDITE contains a potent ingredient called **R-Lipoic Acid** or R-LA, which is not included in the lion's share of preworkout/energy products available. Some researchers believe R-LA may eventually be acknowledged as one of the most important nutraceutical compounds on the market for cellular energy production. It has been shown to improve the body's utilization of glucose and may also increase the production of adenosine triphosphate (ATP) within the muscle cells. Likewise, this scientific formula contains **biotin**, **taurine** and **L-carnitine**, which further support the optimal blood sugar levels needed during high-intensity exercise. As a bonus, these ingredients support fat loss by increasing glucose uptake by muscle tissue, which helps to prevent fat cell deposition.

XPEDITE also contains the amino acid **tyrosine**, which is a precursor of the brain neurotransmitters epinephrine (adrenalin), norepinephrine and dopamine,

which transmit nerve impulses. U.S. soldiers undergoing various psychological and physiological stress tests were given tyrosine to measure its effects on performance. The researchers found that they were more efficient, alert and had faster reaction times. In addition, XPEDITE contains **phenylalanine** which may help to elevate mood and enhance concentration.

XPEDITE also includes **citrulline malate** which may boost athletic performance and recovery by accelerating the elimination of the toxic byproducts of protein metabolism and the removal of ammonia and lactate from the blood. Finally, **beta-alanine** is a precursor of carnosine, which regulates important aspects of cell metabolism that may provide stamina and energy-enhancement benefits.

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* Additional scientific research and selected references available at snac.com

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HOW I PREPARED MR. OLYMPIA PHIL HEATH AND REIGNING MEN'S PHYSIQUE SHOWDOWN CHAMP JEREMY BUENDIA FOR THE O



PHIL HEATH

TRAINING The overall focus for Phil has been refinement. Our goal was to put on a maximum of three pounds compared with last year, which is like 10-15 pounds on other guys because of Phil's muscle quality and depth of separation. Seven to eight pounds would be too heavy for him.

We train together three to four days every three to four weeks during contest prep, and the training adjustments are dynamic.

CARDIO Phil's set cardio routine starts about 10 weeks out. It's about 30 minutes twice a day. Usually he does steady state in the morning and intervals at night, and then we'll flip the methods after a few days.



JEREMY BUENDIA

TRAINING Jeremy's prep centered on adding size. Because the guys in his division are getting bigger we targeted a five- to seven-pound muscle gain since last year.

To keep his waist as small as possible we stay away from exercises that will cause his obliques to grow.

CARDIO At 10 weeks out, he does 20-30 minutes of cardio per day. His body comes down fast, so we have to watch his weight.

BODYBUILDING VS. MEN'S PHYSIQUE

■ Phil needs to consume more food, so it's OK if he bulks. During the off-season he's 275 pounds.

With Jeremy, he's going to grow into the show. Getting too heavy is going to stretch out his gut.

As for legs, men's physique guys train them to keep the metabolism going. However, legs are not nearly as important in men's physique compared with bodybuilding.

FLEX FACT

In 2014, Hany Rambod became the first contest prep coach to take three athletes—Phil Heath, Jeremy Buendia, and Nicole Wilkins (figure)—to their respective Olympia titles in the same year.

"BEST PHYSIQUE IN THE WORLD!"

JEREMY BUENDIA
Olympia Physique Champion

**BURNING FAT
WHILE NOT
LOSING
MUSCLE IS
NOT A SKILL,
BUT AN ART.**

Learning how to achieve this balance can take years of trial and error. Fortunately, Evogen Nutrition takes the guesswork out of the process with the Shred-Fast Stack. This precisely formulated stack was developed by Hany Rambod, The Pro Creator® and used by Jeremy Buendia, getting him shredded to win the 2014 Olympia Physique title. When Lipocide and Carnigen are combined, the synergy of these two products is extremely powerful. Now this stack is finally available to you.*



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**ANTHONY
ON BACK**

"I like to **start with chins** because they warm up my lats and get me ready for the heavier stuff."

"I take a very wide grip on pulldowns. I want to **open up my clavicles** as much as possible without putting pressure on my rear delts."

"With barbell rows, I want to get my elbows **as high as possible** to contract my lats at the top."

"I like the feeling of T-bar rows and deadlifts—**picking things off the floor and lifting them**. I'm a true believer in me versus gravity."

**MELVIN
ANTHONY**

HOW "MARVELOUS" MELVIN BUILT ONE OF THE BEST BACKS OF THE 21ST CENTURY BY GREG MERRITT

He was nearly a superstar. For most of the past decade, Melvin Anthony was on the verge of breaking through to bodybuilding's upper echelon. He never quite made it. After his overall victory at the 1999 USA Championships, this SoCal native competed in 36 pro contests from 2000–10. Despite cracking the top five 19 times, Anthony secured only three titles. Likewise, although he finished in the Mr. Olympia top seven four straight years (2005–08), his highest placing was fifth.

At 5'8" and 235 pounds, he lacked the freakiness needed to contend for a Sandow, but

"Marvelous" Melvin dynamically displayed one of the most aesthetic physiques of the recent past. Set off by his vast lats and wispy waist, his rear double biceps pose was superb. Anthony, who turns 43 in November, never announced his retirement, but he last competed five years ago. Today he lives in Mississippi and is fondly remembered for his proportionate mass and always-marvelous posing.

**ANTHONY'S
BACK ROUTINE**

EXERCISE	SETS	REPS
Chinup	4	12–15
Front Pulldown	4	8–10
Barbell Row	4	8–10
T-bar Row	4	8–10
Deadlift	2–3	8–12



In 2001, Anthony, sporting blond hair, appeared on the TV dating show *Blind Date*. The segment is on YouTube.

Our Script to Aid **RAPID WEIGHT LOSS**

LIPO-6 Rx is a powerful new weight loss support product. It helps produce a strong state of thermogenesis to aid in rapid weight reduction. In addition, this maximum strength formula features TeaCrine®, a clinically tested compound that works with the body's natural metabolic pathways to deliver energy, mental clarity, mood enhancement, and improved motivation. **STICK TO THE SCRIPT AND LOSE THE WEIGHT.**

Rx

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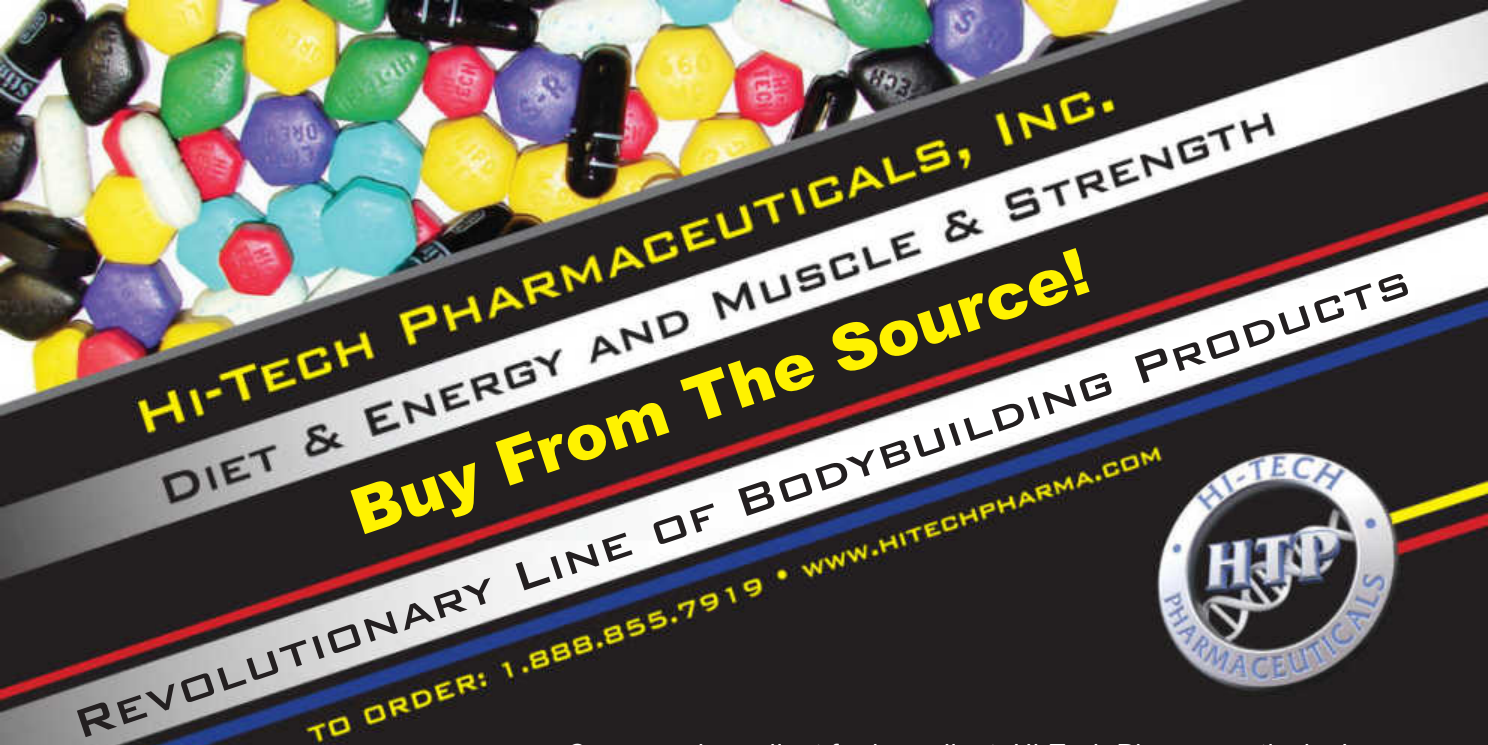
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Lipodrene® - Hi-Tech's Flagship Weight Loss Product with 25mg Ephedra Extract!†

Lipodrene®, the "Yellow Hexagon," is available with 25mg Thermo-Z™ brand ephedra extract. Lipodrene® is the #1 selling ephedra product and has been for the past 10 years. Lipodrene® utilizes a multi-pathway approach to help you get "Ripped Up" while preserving hard earned muscle.† By preserving muscle mass during periods of weight loss, the effects to your physique are dramatically amplified.† Lipodrene® has enjoyed a decade of success for one reason...It Works! Over one billion dosages have been sold resulting in Lipodrene® becoming the "Gold Standard" by which all weight loss products are judged.

**Lipodrene® Hardcore with 25mg Ephedra Extract -
Lipodrene® Hardcore is a Hardcore Stimulant and Diet Aid!
Hardcore Stimulants for an Eye-Opening Blast of Energy!†**

Lipodrene Hardcore® is available with 25mg Thermo-Z™ brand ephedra extract is exactly what the names says it is - Hardcore Lipodrene®! The black hexagon Lipodrene® Hardcore tablet is Hi-Tech's most densely-dosed, jam-packed, jacked-up, hardcore diet aid and stimulant energizer yet, and incorporates "rapid release" and "extended release" technologies for a quick, long-lasting, no-crash stimulant feeling, while it helps you lose weight and feel great all day long. Whether you are a man looking to get shredded and sport a chiseled six pack, or a woman looking for sexy curves that will make heads spin, Lipodrene® Hardcore is your solution!



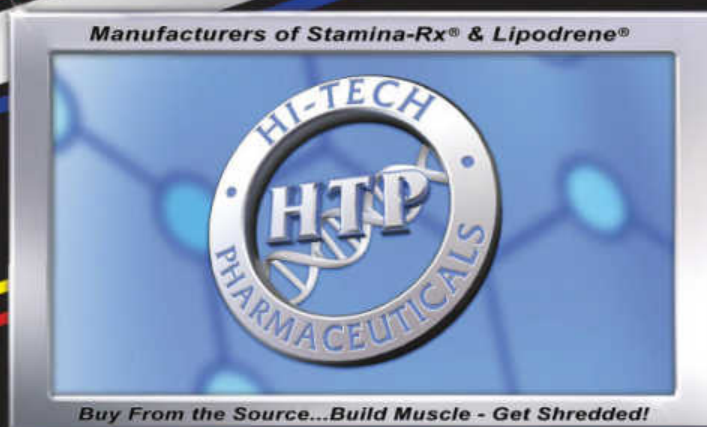
**Stimerex-ES® - The "Black Diamond" with 25mg Ephedra Extract is the Strongest
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Stimerex-ES® is undeniably the most powerful Diet & Energy formula ever created.† Stimerex-ES® contains 25mg Thermo-Z brand ephedra extract for all ephedra lovers. Stimerex-ES® will help you loose weight and speed things up!† If you are looking for a Diet/Energizer to light your ass on fire...then Stimerex-ES® is just what you are looking for. Hi-Tech Pharmaceuticals is definitely "Back in Black" with Stimerex-ES®.

**Lipodrene®, Lipodrene® Hardcore, and Stimerex-ES® are all available in
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Try Dianabol® today and see why people in gyms all across America are raving about it!†



Jack'D Up™ - The Most Intense Pre Workout Powder Ever Created!†

Jack'D Up™ is the Ultimate Pre-Workout formula and can be compared to a new and improved version of the original Jack 3D by USP Labs. USP Labs as most people know reformulated their product due to pressure from the FDA. Hi-Tech has created a similar product, but Hi-Tech improved upon their original formula in a few ways. There's nothing like the right combination of compounds taken pre-workout to deliver consistently mind-blowing workouts to help you achieve your goals. After all, if your workouts are lacking, you can all but forget about making the type of progress you are looking for anytime soon. Hi-Tech Pharmaceuticals Jack'D Up™ gives you all the aggression you desire and ability to lift more weight, pump out more reps and have incredible and long-lasting energy, along with enormous muscle-engorging pumps. Jack'D Up™ is the most intense pre-workout product you will ever want to use again. The amount of energy and focus is perfect, pumps and vascularity are out of this world, but most importantly you will feel great throughout your entire workout. No crash, no bloat, no headaches, no disappointing workouts.



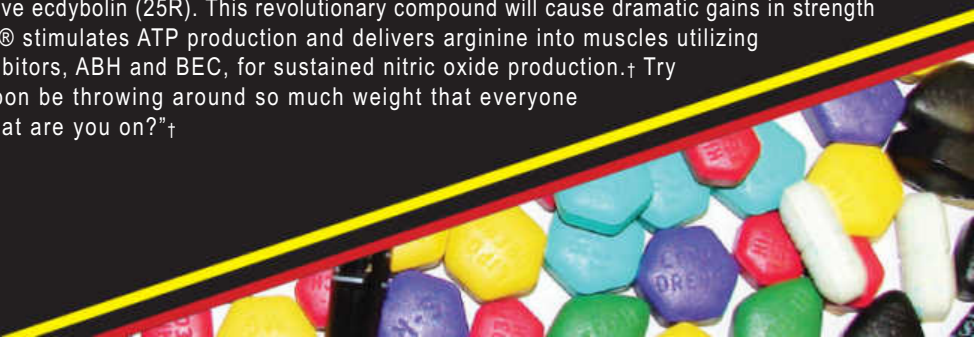
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HydroxyElite™ is a powerful Diet & Energy aid from Hi Tech Pharmaceuticals. HydroxyElite™ contains a potent combination of proven weight loss compounds that can help you reach all of your weight loss goals. HydroxyElite™ is most often compared to OxyElite Pro for its strength and effectiveness. If you are looking to take your dieting routine one step further, HydroxyElite™ is the right dietary supplement for you. HydroxyElite™ is a trifecta weight loss stack that contains Caffeine, Garcinia Cambogia and DMAA. Caffeine is a stimulant known to increase your energy levels and promote weight loss. DMAA is one of the most potent stimulant compounds available on the market. DMAA and caffeine together can significantly increase your energy and endurance. HydroxyElite™ also contains Garcinia Cambogia extract that contains Hydroxy Citric Acid, HCA, which is known for giving you that "Cut Up" look. HydroxyElite™ can help you change the way your body looks and feels in no time. HydroxyElite™ can boost your energy and allow you to power through your workday and workout. HydroxyElite™ improves your concentration and alertness. HydroxyElite™ is an extreme diet aid and intense stimulant, so beginners should test their tolerance. OxyElite Pro®* is a registered trademark of USP Labs and HydroxyElite™ is not manufactured or distributed by U.S.P. Labs.



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Anavar® is a non-steroidal anabolic agent that contains the Hi-Tech proprietary compound 25R Spirostan-5A-Dial-6-one-3-one aka 1, aka active ecdybolin (25R). This revolutionary compound will cause dramatic gains in strength and vascularity.† Anavar® stimulates ATP production and delivers arginine into muscles utilizing proprietary arginase inhibitors, ABH and BEC, for sustained nitric oxide production.† Try Anavar® and you will soon be throwing around so much weight that everyone in the gym will ask, "What are you on?"†



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Beef has been a staple protein source for "men of power" since the days of the Roman Gladiators. Today's bodybuilders still favor beef to fuel their muscle growth. It's no wonder that CARNIVOR, the world's first beef protein isolate, is the most sought after protein supplement on the market. Even bodybuilding icon Kai Greene relies on CARNIVOR Beef Protein Isolate (BPI) as his muscle building protein of choice. Whether your goal is to build thick, dense muscle, increase your strength or sculpt a lean physique, MuscleMeds CARNIVOR Series has got you covered.



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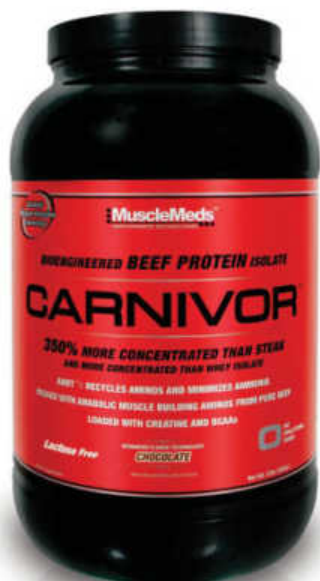
FAT

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CHOLESTEROL

0g

SUGAR



EXPERIENCE THE POWER OF BEEF AT THE SPEED OF WHEY!

23g

PROTEIN

0g

FAT

0

CHOLESTEROL

0g

SUGAR

Everyone knows that beef builds muscle! Don't waste another workout—start fueling your body with a superior muscle building protein source. CARNIVOR is the world's first and #1 selling Beef Protein Isolate (BPI), delivering 23 grams of high quality pure beef protein in 10 delicious flavors. Thanks to advanced hydrolysis and isolation technologies, CARNIVOR is a USDA Inspected, 99% pure premium grade beef protein powder that's highly bioavailable and loaded with performance enhancing BCAAs and creatine. CARNIVOR'S exclusive BPI not only digests as fast as whey protein isolate, but is even more concentrated in muscle building amino acids. And with CARNIVOR,

you get all the power of 100% beef with 0 fat, 0 cholesterol, 0 sugar, 0 lactose and 0 gluten. CARNIVOR is loaded with creatine, BCAAs and BCKAs for even more muscle building power. Don't be fooled by the other poorly formulated beef protein imitators. BEEF UP your muscles and get the results you want with CARNIVOR!

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ESSENTIAL METABOLIC PROTEINS

HIGH SPEED MASS – ALL BEEF GAINER!

50g
PROTEIN

720*
CALORIES

0g
SUGAR

Welcome to a new era in mass building supplementation with CARNIVOR MASS, the fast, clean and highly anabolic lean mass gainer that provides your muscles with 50 grams of hydrolyzed Beef Protein Isolate (BPI) and 125 grams of high impact reactive carbs. CARNIVOR MASS combines a unique best-of-breed BPI with an exclusive iSpike™ technology to deliver a near-perfect insulin spike to support maximum muscle anabolism, glycogen replenishment and tissue regeneration to kick start your recovery, while helping minimize fat storage. With CARNIVOR MASS, you get the mass building support of beef at the speed of whey without the lactose, allergies and other problems that are frequently associated with the use of dairy products. And CARNIVOR MASS tastes amazing! If you're serious about making big muscle gains, start supplementing with CARNIVOR MASS and watch yourself pack on size right before your eyes!

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Available in Chocolate Peanut Butter and Cookies & Cream!



SOFT BAKED HIGH PROTEIN BROWNIE

15g
PROTEIN

190
CALORIES

CONVENIENT
AMAZING
HOMEMADE TASTE

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TRAINING TIPS TO POWER UP YOUR WORKOUTS

LIFT

PAGE 86

ONE-ON-ONE FREE WEIGHTS VS. MACHINES



The name leaves something to be desired, but Doggcrapp is a simple training concept that can lead to great gains in size and strength.

PAGE 78

In terms of volume, five might be your lucky number when it comes to how many sets to complete per muscle group.

PAGE 84

ALL OUT WITH D.C.

**DOGGCRAPP IS THE UNDERGROUND WORKOUT
SYSTEM THAT MADE IT BIG**

**Using Doggcrapp,
David Henry
packed on 30 lean
pounds in fewer
than three years.**

KEVIN HORTON

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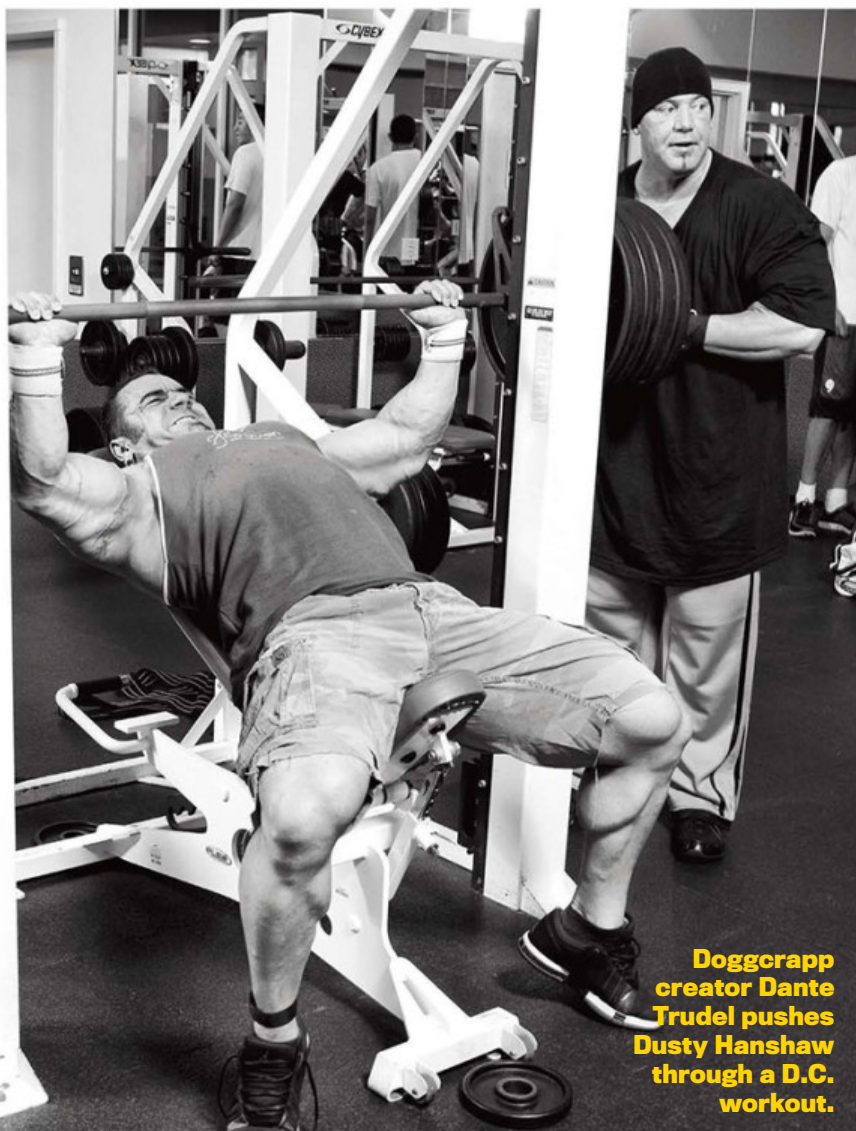
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Doggcrapp creator Dante Trudel pushes Dusty Hanshaw through a D.C. workout.

DOGGCRAPP BASICS

■ Progressive strength gains are paramount to progressive size gains.

■ Do as many warmups as necessary but only one working set per exercise.

■ Use rest-pause with three failure points on most working sets. This set lasts 11-15 reps.

■ Rotate three groups of exercises. So you will repeat the exercises you do in your first workouts (A1, B1) in your fourth workouts, etc.

■ Get at least one more rep with the same weight or the same reps with more weight. If you fail, remove that exercise from the rotation and replace it with another.

DOGGCRAPP TIPS

■ Emphasize the sort of compound basics that let you pack on the most weight.

These will allow you to grow progressively stronger over a long period. For example, choose barbell drag curls over concentration curls.

■ For safety, most quad and back thickness exercises are not rest-paused.

■ Keep a log-book and bring it to the gym so you always know exactly what you need to do to beat your previous best.

■ Use a "widowmaker" (a blowout set of 11-25 reps) to finish off weak body parts.

Doggcrapp is like "Gangnam Style," an Internet sensation

that everyone has heard of but few understand. When Dante Trudel posted his philosophy to an Internet discussion board in 2000, he never thought more than a few dozen meatheads would read it. That explains the moniker. It was his spur-of-the-moment screen name for what he anticipated would be a single post. But Trudel was deluged with questions, the original post grew to 118 pages, and his writings were copied and pasted around the Web. Doggcrapp became the most revolutionary bodybuilding system since HIT arrived more than 40 years ago. In retrospect, the name seems oddly appropriate in a punk rock sort of way because Doggcrapp is an anarchic ideology that challenges the status quo.

POWER-BUILDING ATTACK

"I thought about what makes a muscle grow, what would make it grow faster, and to absolutely stop thinking in this 'I want to be big so bad I'll overthink and overdo everything' concept," Trudel told FLEX. "Why do people think in terms of 'annihilating myself into rigor mortis in today's workout' instead of progression and recovery over weeks, months, and years? I scrapped everything and reverse-engineered it. I broke it down, took out all the things I felt were just fluff and there for ego and obsessive-

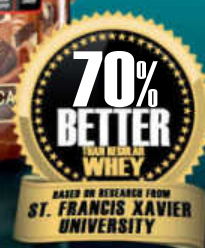
compulsive satisfaction, and created a power-building attack."

What Trudel deduced was that bodybuilding gains are directly related to strength gains. Forget pumping up the muscles or shocking them with intensity techniques. Doggcrapp prescribes that you choose, typically, one exercise per body-part routine and focus on growing progressively stronger in that exercise over time. Easier said than done, right? Try to beat your best in the same lift workout after workout and you'll quickly smash

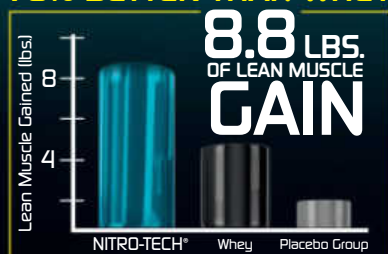
**DOGGCRAPP PRESCRIBES THAT YOU CHOOSE...
ONE EXERCISE PER BODY-PART ROUTINE
AND FOCUS ON GROWING PROGRESSIVELY
STRONGER IN THAT EXERCISE OVER TIME.**

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LIMITED EDITION
FLAVORS



70% BETTER THAN WHEY



Leading university research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that subjects using the core formula in NITRO-TECH® gained 8.8 lbs. of lean muscle in six weeks compared to subjects who used regular whey and gained just 5.1 lbs.

Nitro-Tech® has been the choice of the world's most elite athletes for over 15 years, and now, MuscleTech® researchers are giving you 3 new reasons to love this time-tested lean musclebuilder. Drive your gains with 3 bold new flavors: Decadent Brownie Cheesecake, Mocha Cappuccino Swirl and Vanilla Birthday Cake. They're flavored by world-renowned flavor experts and further perfected through countless sensory tests, so you'll look forward to your recovery every time. This superior, advanced great-tasting formula is scientifically engineered to deliver:

- 70% more lean muscle than regular whey, with a researched combination of key ingredients
- Bigger gains in muscle size, strength and enhanced workout performance
- An ultra clean, fully disclosed formula
- Best-in-class taste flavored by experts in one of the world's top flavoring houses

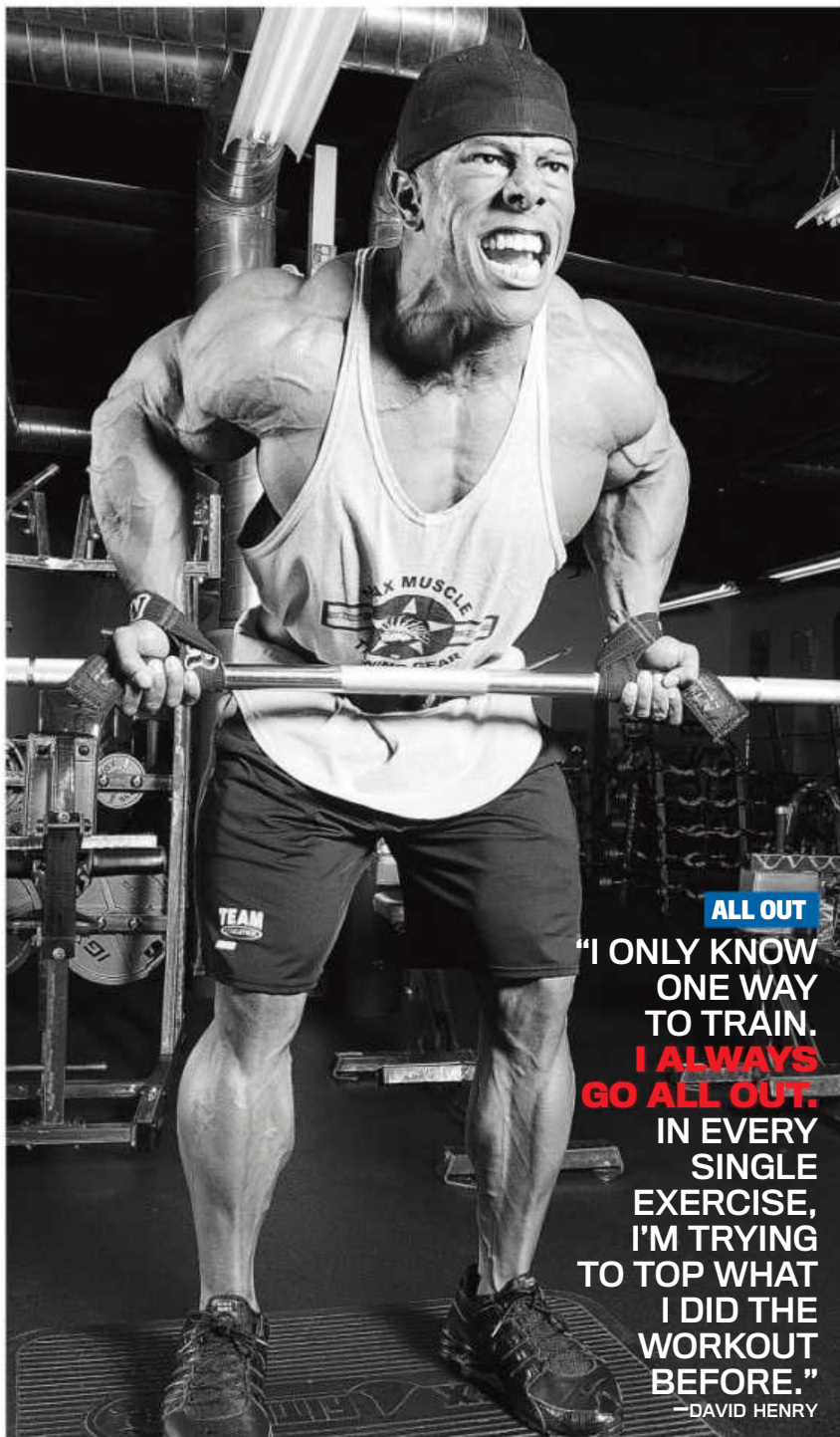
LIFT | TRAINING STYLES

into a wall. Trudel knew this. Avoiding that wall for as long as possible is the rationale behind D.C.'s principles.

CRAPPED OUT

Here are the fundamentals. You never do the same exercise for a body part that you did the workout before. Instead, you rotate three workouts, each of which focuses on a different exercise per body part. If you don't beat your previous best, you drop that exercise from the program and switch in a different one. The working sets are typically done with rest-pause and three failure points. For example, you might fail at eight reps, stop for a few seconds, get three reps before failing, stop for a few seconds, and grind out a final two reps before failing. With the focus on as few as one exercise per body part, you can hit several body parts per workout. Doggcrapp prescribes dividing the body into A and B workouts and training three times per week so each muscle is worked thrice every two weeks with three different exercises. (See schedule.) The program is done for a six- to eight-week "blasting phase" followed by a two-week "cruising phase" of non-D.C. training.

Using Doggcrapp, David Henry packed on 30 lean pounds in fewer than three years, advancing from a 167-pound barely heralded middleweight to a 200-pound-plus pro juggernaut. Steve Kuclo, Cedric McMillan, and Mark Dugdale have also utilized D.C. The fact that none of them do so today isn't a commentary on D.C.'s effectiveness. No program creates magical results. Doggcrapp isn't sorcery. But it has conjured up a training revolution. It resurrected rest-pause, an invaluable but neglected technique, and it shifted emphasis away from volume and intensity to strength. Even if you don't strictly follow a D.C. protocol, focusing on long-range strength gains in specific exercises is a superb muscle-making strategy.



ALL OUT

"I ONLY KNOW ONE WAY TO TRAIN. I ALWAYS GO ALL OUT. IN EVERY SINGLE EXERCISE, I'M TRYING TO TOP WHAT I DID THE WORKOUT BEFORE."

—DAVID HENRY

DOGGCRAPP WORKOUT SCHEDULE

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1	A1	B1	A2
WEEK 2	B2	A3	B3

A workouts: chest, shoulders, triceps, back (width), back (thickness)

B workouts: biceps, forearms, calves, hamstrings, quadriceps

DOGGCRAPP BACK WORKOUT

EXERCISE	WARMUPS	SETS	REPS
Lever Pulldown	2-4	1	11-15*
Underhand Barbell Row	2-4	1	10-12

*Rest-pause with three failure points

NEW, SUPERIOR, CLINICALLY DOSED PRE-WORKOUT



REVOLUTIONIZED FOR INTENSE PUMPS AND SUPERIOR PERFORMANCE

MuscleTech® researchers have reinvented the pre-workout category. To force an intense muscle pump, Anarchy™ features patented Nitrosigine® and HydroMax™ glycerol. It also features a one-of-a-kind combination of unique ingredients, such as *Rhodiola*, choline, theanine and more, that's been perfected through countless sensory tests. Anarchy™ is also formulated with patented CarnoSyn® for enhanced muscle, strength and power.

- The only pre-workout that delivers HydroMax™, Nitrosigine®, CarnoSyn® and more
- Ingredients backed by multiple research studies
- Fully disclosed label

Just check out our fully disclosed label to see for yourself why Anarchy™ is the only pre-workout that delivers unmatched performance, unlike obsolete formulas that underdose their ingredients. And because it's from MuscleTech®, the trusted brand backed by 20 years of excellence, you know it's a best-in-class formula that delivers results. Get it today.



Nitrosigine® has been clinically shown to boost blood arginine levels in test subjects within just 1 hour of their first dose.

THE ANARCHY™ ADVANTAGE

	ANARCHY™	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero
Beta-alanine	3.2g	3g	Zero	2g

Amounts displayed on the chart are based on a full dose.

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1,000 MG HYDROMAX™

HydroMax™ Glycerol is 10 times more concentrated than the competitor's glycerol monostearate.

1,500 MG NITROSIGINE®

Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels in research conducted at a human performance lab at a prestigious research center in Miami.

3,200 MG PATENTED CARNOSYN®

2 scoops of Anarchy™ deliver 3,200mg of patented CarnoSyn® beta-alanine. This is more than the competition. It has also been shown to accelerate musclebuilding in a study published in the *Journal of Strength and Conditioning Research*.



*Per 2 scoops. Nitrosigine® is protected under U.S. patent numbers #5,707,970; #6,156,735; #6,344,444; #7,576,132. The Nitrosigine® name and logo are federal trademarks of Nutrition 21, LLC. CarnoSyn® is protected under U.S. patent numbers #7,825,084; #8,067,381; #8,129,422; #8,470,865. CarnoSyn® trademarks are owned by Natural Alternatives International, Inc. HydroMax™ is a trademark of Glibria Nutritionals. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015



PUMP UP THE VOLUME

WHY MORE IS
BETTER TO GET BIG

■ HYPOTHESIS

In order to grow, you must train with a certain amount of volume. Most research does not explore the effects of using more than three sets on hypertrophy, and the data that does exist does not consistently show the benefits of using more than three sets.

■ RESEARCH

Forty-eight untrained men were randomly assigned to one of the three training groups: one set, three sets, five sets, or a control group. Subjects completed a full-body workout each session. All training groups performed three resistance-training sessions per week for six months.

■ FINDINGS

The one-set group did not show a significant change in biceps or triceps thickness after six months of training. The three-sets group did see a significant increase in muscle thickness but only for biceps. The five-sets group saw a significant increase in muscle thickness for both biceps and triceps, and that difference was significantly greater than both groups.

■ CONCLUSION

Doing 15 sets per muscle group spread out over three workouts per week will provide faster gains than fewer sets per week.

APPLICATION

One way to apply these findings is to **do full-body workouts three times per week**. You would then do five sets for each muscle group each workout. Another way would be to split the body into either “push/pull” or “upper/lower” muscle groups and train four to six times per week.



What Are You Made Of?

Built like a truck and massive as f... That's what you are and what you're made of. No sugar, no spice... Nice? Nice has got nothing to do with it. You weren't born like this and don't have anyone to thank but yourself. You know that what you put in, you get out. So you spent the better part of your life busting your balls and making this machine one rep, one pack, and one meal at a time. We get it. We're the same way. That's why we've been making the best, most award-winning training pack in the world since 1983 in Animal Pak. Put in the work and we'll put out the best. Let's see what you're made of.

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RISE OF THE MACHINES

SHOULD MY WORKOUTS RELY MORE ON FREE WEIGHTS OR MACHINES?

OPENING ARGUMENTS

Defense

Free weights force you to use auxiliary muscles to stabilize the weight and control the movement. This involves greater muscle recruitment and thus better gains in size and strength.

Prosecution

Modern machines are more ergonomically designed, allowing natural planes of motion. In addition, more weight can be used on a well-designed machine than with free weights.

EVIDENCE

- 1** Studies comparing barbell bench press with Smith machine bench press show greater muscle activation of the shoulders using a barbell.
- 2** Studies show lifters can use up to 1.5 times more on plate-loaded machines than with free weights.
- 3** Machines are a fixed-form exercise and are limited to moving through fewer planes of motion.
- 4** Free weights are a free-form exercise that allow for movement in multiple planes.
- 5** Most free weights require a spotter, whereas most machines can be used without one.
- 6** Free weights produce "functional strength," which is more applicable in real-world situations.

VERDICT

MACHINES HAVE BRIDGED THE GAP, BUT FREE WEIGHTS STILL RULE.

For the average guy who is trying to put on some muscle the differences between free weights and machines have narrowed significantly. Nevertheless, free weights offer greater advantages for overall development of strength and muscle mass.

SENTENCING

Free weights should always be the foundation of any effective bodybuilding program.

CHASE THE EXTREME PUMP & ENERGY

UNLEASH THE ENERGY, FOCUS & ENDURANCE

MAXIMUM STRENGTH PRE-WORKOUT BOOSTER

ONLY PRE-WORKOUT W/ GRAMS OF NITROSIGINE®
& HYDROMAX®

CAUSES REAL SKIN-TEARING PUMPS

IGNITES EXTREME ENERGY & INTENSE FOCUS

ENHANCES MUSCLE POWER, STRENGTH
& ENDURANCE

3 GREAT TASTING FLAVORS: FRUIT PUNCH,
BLUE RASPBERRY & WATERMELON



CAUTION
EXTREME ENERGY & PUMPS

CAUTION
EXTREME ENERGY & PUMPS

CAUTION
EXTREME ENERGY & PUMPS

CAUTION
EXTREME ENERGY & PUMPS

CAUTION
EXTREME ENERGY & PUMPS

CAUTION
EXTREME ENERGY & PUMPS

CAUTION: EXTREME ENERGY AND PUMPS AHEAD. OUTRAGE is made for the gym rat looking for a sensational vein-busting, skin-stretching, muscle-swelling experience. OUTRAGE is the first and only pre-workout that gives you GRAMS of two of the most potent pump and strength amplifiers, Nitrosigine® and Hydromax®.

A lot of pre-workout products claim to give you incredible pumps, but make sure you check the label. We put generous doses (offering GRAMS) of Nitrosigine® and Hydromax® in two scoops of OUTRAGE to push your muscles to perform, recover and enlarge.

OUTRAGE will further fire you up with extreme energy and intense focus. Experience a superior mind-muscle connection and be zoned in for your workout like never before.

OUTRAGE is free of proprietary blends, artificial colors and dyes. This product mixes well in 6-8 oz of water and gives you a refreshing taste in three great flavors—Fruit Punch, Blue Raspberry and Watermelon. Go Harder. Train Longer. Get Stronger.



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For over 20 years, LABRADA has performed 3rd party independent lab testing on all of its sports supplements to guarantee that you get what you pay for with your hard-earned money: Real Ingredients, Real Potency, Real Results.

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The Most Trusted Name in Sports Nutrition

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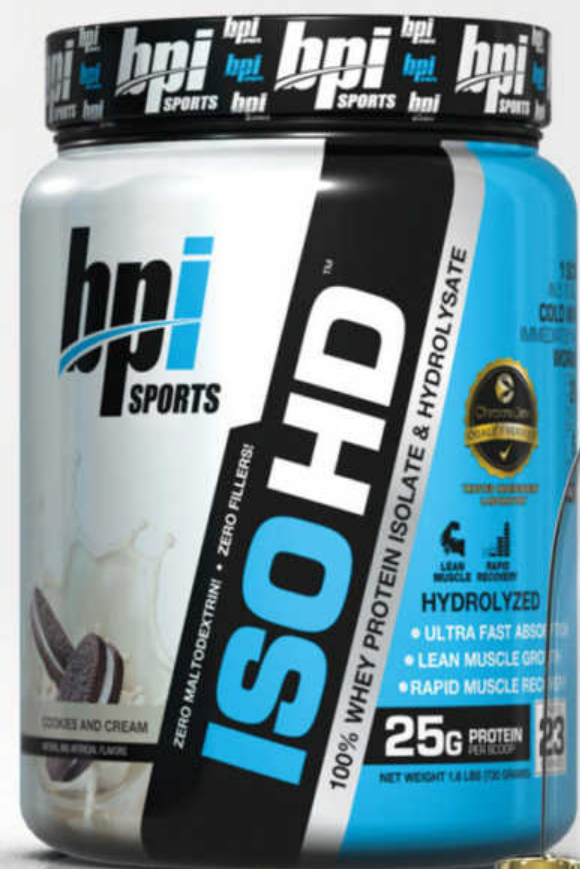
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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



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TURBO BLEND PROTEIN

A rapid absorbing, ultra-pure formula designed to deliver superior nutrition. Formulated with 100% premium, gluten-free organic blend whey protein. Low fat, no fillers or unwanted trans fats. Our protein contains Omega 3, Carnitine and organic flaxseed and includes powerful multi-fractional whey protein. Nothing works faster than TAPOUT Turbo Blend Protein!

READY-TO-DRINK PROTEIN & TAPOUT PROTEIN BARS

High-quality protein on the go! Our Ready-To-Drink Protein contains 35 grams of gluten-free and lactose-free rapid absorbing whey peptides. Our premium soft-baked core TAPOUT Protein Bars deliver 30 grams of delicious gluten-free, whey isolate protein.

PRE-WORKOUT TURBO

Increase stamina and boost energy throughout the day! Our cutting-edge pre-workout will improve your athletic performance.

WWE Superstar
Roman Reigns



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NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & SUPPS

An Italian low-carb cod dish that's guaranteed to taste *delizioso*.

PAGE 94

The keys to staying lean with carbohydrate consumption.

PAGE 96

We make a pretty convincing case for cheat meals. You're welcome.

PAGE 100

This pre-workout supp builds strength as well as it energizes.

PAGE 102

Five ingredients that can help keep testosterone levels high.

PAGE 104

PAGE 98

LEAN AND GREEN
WHY ASPARAGUS
BELONGS IN YOUR
SHOPPING CART

GETTYIMAGES.COM

COD ITALIANO DELIGHT

SERVES 4

INGREDIENTS

- 4** cod fillets (approximately 6 oz each)
- 5** Roma plum tomatoes, diced
- 1** garlic clove, minced
- ½** small red onion, chopped
- ¼ cup** basil, chopped
- 2 tsp** extra-virgin olive oil
- 1 tbsp** balsamic vinegar
- 2 pinches** salt
- Fresh ground black pepper to taste

DIRECTIONS

Broil cod fillets for 15 minutes at 375°F or until center is 145°F. Take diced plum tomatoes and add to a bowl with the remaining ingredients. Mix well. With a spoon, top the cod fillets with the tomato mixture right **after they're** broiled. Serve immediately.

ABOUT THE CHEF

A three-time bodybuilding champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine. elitelifestylecuisine.com



THE
MACROS

CALORIES

221

PROTEIN

41g

FAT

4g

CARBS

5g

EVER FEEL LIKE YOU'RE PAYING MORE FOR LESS?

Chances are good you have been.

In the supplement industry there are middlemen on top of middlemen. Every time that one of them handles your product they add a sizable mark-up that drives the price that you pay when you step up to the register or click "place your order" online.

Then there are the mega brands and retailers. Sure, the big guys have scale, but they also have massive overhead costs. These behemoths need to sell everything, everywhere just to break even. And, trust us, they're not just looking to break even. The biggest and most prominent brand owners answer to shareholders who are more concerned about corporate profits than the effectiveness of the products that they sell.

We're working to change the status quo with products developed around function first. Intelligently designed formulas with ingredients that work, at a fair price. In other words, give you your money's worth.



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CARB CONTROL

HOW MANY CARBS CAN I TAKE IN AND STAY LEAN?

The number of carbs you need to stay lean is considerably more than the amount you should consume to get lean. Cutting carbs helps you reduce body fat, but it also impacts your ability to increase muscle mass. If you're already lean—and you want to stay that way—but your goal is to add muscle mass, try the following:

Take in about 2 grams of carbs for every pound of body weight each day.

This means that a 150-pounder should get in 300 grams of carbs, and a 200-pound lean bodybuilder should take in about 400. But that doesn't mean you can take in any carb you want at any time of day. Look at the following tips for guidance on which carbs to consume and when.

KNOW YOUR CARBS

Here's a short list of the different types of carbs:

SLOW-DIGESTING

Yams, brown rice, buckwheat pancakes, oatmeal

FAST-DIGESTING

Sugar, honey, syrup

STARCHY

Pasta, whole-wheat bread, white rice, potatoes

FIBROUS

Vegetables, beans, legumes, fruits

TIMING IS EVERYTHING

At certain times of day, you want slow-digesting carbs; at others, you want fast-digesting carbs. Fast-digesting carbs increase insulin release, which drives both muscle-building and body-fat storage, depending on when you take them in. Slow-digesting carbs provide sustained energy.

QUICK CARB GUIDE

Here's how much and what types of carbs a 180-pounder should consume, especially when your goal is to keep growing without adding body fat.

BREAKFAST

100g of slow-digesting, fibrous carbs

Example

Oatmeal, orange

MID-MORNING

SNACK

40g of slow-digesting, fibrous carbs

Example Brown rice, broccoli

LUNCH

60g of starchy carbs

Example Baked potato

PRE-

WORKOUT

50g of fast-digesting, starchy carbs

Example Sugar, white rice

POST-

WORKOUT

50g of fast-digesting carbs

Example Sugar

DINNER

60g of slow-digesting, fibrous carbs

Example Yam, spinach

BEDTIME

SNACK

No carbs

TOTAL CARBS

360g



Carbs are not the bad guys they've been made out to be. Carbs provide energy and help spare the protein that builds muscle mass.

NOT SEEING THE RESULTS THAT YOU EXPECTED FROM YOUR CURRENT STACK?

It's a vicious cycle. Being fat causes T levels to drop. Lower testosterone is linked with increased body fat, BMI, and waist to hip ratios. Fail to address excess body fat, and you're wasting your hard-earned cash on hormone optimizing supplements.*

THERMOSTERONE™ is specifically formulated with powerful ingredients to help intensify workouts, increase calorie burning, and support natural hormone levels - all in one.†

If you're not seeing the results that you expected from your current fat burner or T-booster, maybe it's time you stepped up to a more intelligently engineered product that's designed to take advantage of the synergies of both?†



FREE SAMPLES

For a limited time, experience the power of **THERMOSTERONE™** for yourself ...on us!

Visit OUTOFTHELAB.NET/FREE8AMPLE to get yours. Limit one per household. While supplies last.

NEW



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* This product won't work miracles. You still need to eat sensibly, train hard, and get adequate rest to achieve desired results.



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WATER SHED MOMENT

ASPARAGUS IS A NATURAL DIURETIC



■ **Asparagus is one** of the most popular vegetables among dieting bodybuilders. That's possibly because it looks like a mini green spear, but more likely because it improves your physique's appearance by encouraging your body to drop water. Asparagus is also high in micronutrients such as folic acid and vitamins A, C, E, and K, and it contains the amino acid asparagine—a natural diuretic.

While bodybuilders should consume asparagus throughout their competitive seasons—and even year-round now that it has become more readily available—one of the best ways to get the greatest water-dropping benefits from this veggie is to eliminate it from your meal plan two weeks before you start to drop water. Then use it as your primary vegetable, especially when cutting sodium.

THE SUPER 6

These six foods are among the best sources of vitamin C

■ **Vitamin C is one of the most** beneficial nutrients for bodybuilders. Of primary note is the fact that this nutrient is an antioxidant, helping destroy free radicals generated by stressors such

as exercise. Free radicals destroy the integrity of cell walls and, over time, lead to disease.

Taking vitamin C not only reduces this damage, but research demonstrates that

it also supports bodybuilding gains in other ways: Vitamin C helps burn body fat by synthesizing carnitine, and it boosts nitric oxide to improve blood flow and muscle pumps during weight training.

ACEROLA JUICE
(RAW)
8 oz



CALORIES
56

VITAMIN C (MG)
3,872

ORANGE JUICE
(FROM CONCENTRATE)
8 oz



CALORIES
388

VITAMIN C (MG)
379

GUAVAS
(RAW)
8 oz



CALORIES
112

VITAMIN C (MG)
376

SWEET YELLOW PEPPERS
(RAW, CHOPPED)
8 oz



CALORIES
50

VITAMIN C (MG)
341

SWEET RED PEPPERS
(RAW, CHOPPED)
8 oz



CALORIES
51

VITAMIN C (MG)
209

KIWI FRUIT
(RAW, GOLD)
8 oz



CALORIES
112

VITAMIN C (MG)
196

SCIENTIFICALLY RESEARCHED CORE WEIGHT LOSS INGREDIENT

ALL-NEW MAX STRENGTH SENSORY

CUTTING-EDGE EXTREME SENSORY & INTENSE THERMOGENESIS

New **Hydroxycut® SX-7® Black Onyx™** is a cutting-edge formula that's super-charged with 7 premium ingredients in a never-before-seen combination. It also features the scientifically studied core weight loss ingredient green coffee, which helped test subjects lose an average of 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a reduced-calorie diet and moderate exercise.

- Features 7 of the most super-extreme, cutting-edge ingredients available
- With *Coleus*, *Salvia* & theanine for a powerful sensory experience!
- Fully disclosed – zero proprietary blends
- Key ingredient backed by 2 scientific studies
- Quality and purity tested by a certified U.S. independent third-party lab

SCIENTIFICALLY RESEARCHED WEIGHT LOSS

STUDY 1 – 60 DAYS



In research published in the scientific journal *Phytothérapie*, test subjects supplementing with 200mg of standardized green coffee lost, on average, 10.95 lbs. in 60 days with a low-calorie diet. In a separate study, subjects lost an average of 3.7 lbs. in 8 weeks while following a low-calorie diet and performing moderate exercise.

*Individual received a free sample

"From the very first dose you can feel it take effect – a boost of focus & energy."

– Reviewed at GNC.com*



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THE CASE FOR CHEATING

ADDING CHEAT MEALS TO YOUR DIET CAN LEAD TO BETTER GAINS

Rigorously following a strict diet undercuts your ability to increase muscle mass. Cheating all the time will undermine your ability to grow and stay lean. But including a cheat meal or two each week will increase your body's ability to add muscle mass—if you know when to cheat and when to stay on point.

CHEATING IMPROVES FOCUS AND ENERGY

Time these so they fall the day before your hardest workouts. Consuming considerably more carbohydrates, calories, and dietary fats will improve your focus and energy. Many bodybuilders opt to include a large cheat meal in the evening two days per week as opposed to cheating all day.

CHEATING HELPS RESTOCK GLYCOGEN

On a strict low-carb diet, your body has trouble restocking the muscle glycogen you burn during training. This means the next time you train, you'll have less stored fuel available. Prevent this by taking in fast-digesting carbs immediately after training. But a large cheat meal after training also helps replenish glycogen levels.

CHEATING RAMPS UP METABOLIC RATE

One reason you stop burning body fat while dieting is that metabolic rate (the amount of calories you burn naturally) begins to stall. Cheat meals can help keep your metabolic rate elevated, allowing you to burn more body fat over the long haul. After intense exercise, digestion is one of the ways our body expends the most calories.

CABBAGE SOUP FOR LIFTERS? REALLY?

■ This fad promised weight loss by eating as much cabbage soup as you wanted so long as you cut calories elsewhere. The downside: Without adding protein, you'd lose muscle and fat. However, with a high-protein diet, the soup can help you shed body fat.

Ingredients

- 1 large head of cabbage
- 2 large yellow onions
- ½ bunch of celery
- 1 packet French onion soup mix (2 servings)
- 3 chicken bouillon cubes

Directions

Chop the vegetables and dump all the ingredients into a pot with 3 quarts of water. Bring to a boil, lower heat, and simmer until the vegetables soften. Use this broth as the basis for your meals. Add beef, chicken breasts, or boiled eggs.

Spice it up

Add cilantro, jalapeños, garlic, dill, and other spices. You can also include other high-fiber, low-calorie vegetables such as broccoli and cauliflower. Or add raw bean sprouts as a crunchy garnish that's on your diet.

Per serving

(makes 10 servings)

Calories **55**
Protein **1g**
Fat **0g**
Carbs **11g**
Fiber **4g**
Sodium **500mg**

FROM GNC'S #1 SELLING EXCLUSIVE BRAND¹

NEW

OUR STRONGEST PRE-WORKOUT EVER!

SUPERIOR PERFORMANCE WITH AN ALL-NEW PRE-WORKOUT BREAKTHROUGH

#Shatter™ SX-7® Black Onyx™ is about to change the way you fuel your most intense workouts. This potent formula delivers research-backed musclebuilding results with scientifically advanced core ingredients. It also features premium ingredients in a never-before-seen combination to ignite an extreme sensory experience you can only get with new #Shatter™ SX-7® Black Onyx™.

- Powerful sensory with a new combination of premium ingredients like *Scutellaria*, satsuma orange, *Myristica* & more
- Featuring patented Peak ATP® – study subjects built 8.8 lbs. of lean muscle in 12 weeks and increased muscle thickness by 96%
- Subjects increased max bench press strength and boosted their peak power output by 30% as measured by vertical jump tests
- Patented CarnoSyn® beta-alanine, which has been clinically shown to enhance the muscle- and strength-building process
- Formulated based on research at the University of Tampa
- Research published in *Nutrition & Metabolism* and the *International Journal of Sports Nutrition & Exercise Metabolism*
- Fully disclosed, fully dosed formula with no proprietary blends
- Tested for purity by a certified U.S. independent third-party lab

STRENGTH INCREASE IN 12 WEEKS (TOTAL STRENGTH ON BENCH, SQUAT & DEADLIFT)



EXTREME MUSCLE GAIN



**BASED ON RESEARCH FROM
THE UNIVERSITY OF TAMPA**



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REAL POWERFUL

MESOMORPH V2.0 IS A PRE-WORKOUT THAT'S MUCH MORE THAN A STIMULANT **BY RAZVAN RADU**

How many times have you slugged a pre-workout only to get to the gym and feel absolutely...nothing?

The culprit of decreased sensitivity to pre-workout products is often the fact that many pre-workouts depend on stimulants like caffeine, which the body can easily adapt to.

When you scan the label of a pre-workout product, you want to look for ingredients that increase strength and blood flow. The label on Mesomorph V2.0 tells you straight away that it's **a product built to optimize your performance in the gym as well as your recovery.**

Mesomorph V2.0 starts off with **beta-alanine**, a **carnosine-boosting** amino acid. Beta-alanine has proven to significantly increase carnosine in the muscles, which allows for a delayed fatigue response and a quicker recovery; secondarily, it acts as a stimulant.

Next in line are the pump inducers L-citrulline and L-arginine AKG. These two amino acids will go far beyond helping you achieve that sweet pump for your post-workout mirror selfie. By increasing nitric oxide (NO) and blood flow, citrulline and arginine work together to **deliver an excess of nutrients to the muscles, allowing you to achieve much quicker growth and recovery.**

Finally, there are two blends, one cell volumizer and one stimulant. Made up of taurine and creatine, the blend has been dosed to allow

you to reap the full benefits of the two ingredients. Creatine and taurine, although performing different functions, both work by becoming saturated in the muscles. Creatine has been shown to increase muscle mass, strength, and overall energy through elevated ATP levels, while taurine aids in both achieving a pump and allowing a quicker recovery.

Stimulant-wise, Mesomorph V2.0 delivers a kick through its caffeine and glucuronolactone contents. Glucuronolactone accompanies caffeine and further enhances its benefits by increasing athletic endurance and maximizing strength output.

For anyone looking for an effective all-around pre-workout, Mesomorph V2.0 has it all. Its beta-alanine, caffeine, and L-citrulline contents, accompanied by several other proven ingredients, will give you everything you need to make strength gains and pack on muscle.



A PRE-WORKOUT SUPP WITH ALL THE PROVEN INGREDIENTS YOU NEED TO MAKE STRENGTH GAINS AND PACK ON MUSCLE.

CREATE YOUR DREAM JOB.

According to a Harris Interactive survey, 55% of working adults are in search of a new profession. So why not turn your passion for fitness and nutrition into your own business?

We carry the top brands and the latest nutritional supplements with a low price guarantee.



OPEN A NUTRISHOP TODAY!

- THE RIGHT CONCEPT
- THE RIGHT OPPORTUNITY
- THE RIGHT TIME



www.NutrishopUSA.com |   NutrishopUSA

Amy Jo Palmquest
Team Nutrishop Director
Eric Nelson Photography



TEST BOOSTERS

TRAIN, EAT, AND TAKE THE RIGHT SUPPLEMENTS TO KEEP T LEVELS HIGH

For guys, testosterone's functions can't be overlooked if the goal is to keep your sex and gym lives healthy. The hormone plays a key role in both building lean muscle mass and maintaining a healthy reproductive system. Take a look at this compilation of proven test-boosting ingredients to see how they can help you keep your test levels in top shape.

FENUGREEK EXTRACT Studies show that fenugreek extract boosts testosterone levels through its high saponin content. Saponins are chemical compounds that boost bioavailable testosterone, reduce body fat, and increase muscle mass. Texas A&M's Exercise and Nutrition Lab observed that fenugreek paired with exercise had a significant impact on strength and muscle increases.

TRIBULUS Tribulus boosts testosterone through two methods. First, its high saponin contents allow it to create a natural testosterone boost. Secondly, tribulus increases luteinizing hormone, which is crucial for optimizing testosterone. A trial performed on pro athletes saw significant strength and lean muscle mass gains in those supplementing with tribulus compared with a placebo.

CAESALPINIA BENTHAMIANA

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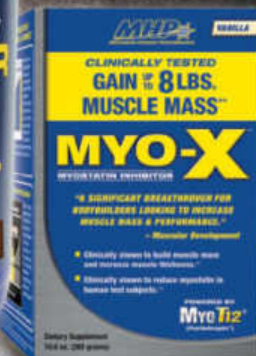
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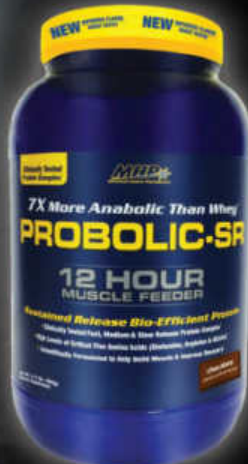


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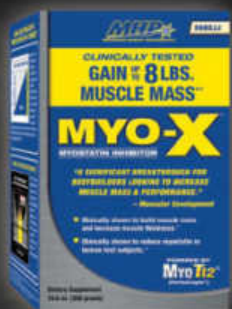


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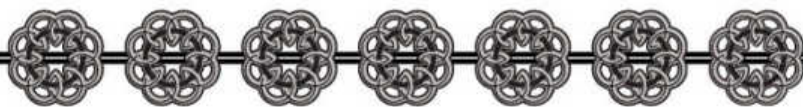
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THE LEGEND OF THE **WELSH** DRAGON

**An alphabetical guide to Flex Lewis
as he pursues his record-setting fourth
Olympia 212 Showdown victory**

BY GREG MERRITT PHOTOGRAPHS BY PER BERNAL





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A is for Ali Rosen.

She's an IFBB pro bikini winner, registered dietitian, and Lewis' fiancée. Rosen and Lewis plan to marry next February.



B is for Back. Like Phil Heath, Lewis possesses narrow clavicles, which limit his lat width. But also like the four-time Mr. O, this three-time 212 O champ made the crucial rear double-biceps pose his "lights out" winner by accentuating all the components others neglect—traps, rhomboids, lat density, spinal erectors—and that's before we even get to his superb lower body. Let's take just one area, his spinal erectors, which are arguably the best in the IFBB Pro League. Many bodybuilders neglect this body part, but not the Welsh Dragon. In each back workout, he gives it a special focus with power-rack deadlifts and intensely contracted back extensions.

C is for Calves.

Before he was the world's best 212-or-under bodybuilder, even before anyone outside his family and friends in Wales knew his name, he had those calves. Lower legs were always a strong point, and now on the Olympia stage, they give his physique a finished look from every angle. Lewis works his gastrocnemius and soleus with a variety of exercises and techniques, but this is a typical triset routine (done for four rotations of 15 to 30 reps per set): calf press, seated calf raise, standing calf raise.



D is for Dragon. A red dragon adorns the national flag of Wales, and mythical basilisks have been associated with Flex's native land for nearly three millennia. He adopted the moniker "the Welsh Dragon" as a proud tribute to his heritage.

E is for Experimentation.

"My first gym had a limited amount of equipment," Lewis remembers. "So I learned how to turn a chest machine into a back machine, a leg press into a shoulder press, and on and on. I was always experimenting, and I still am." As just one example, he uses a seated calf machine for one-arm rows, which he named "dragon rows."

F is for Florida. After years living in California, Nevada, and Tennessee, Lewis settled in southeastern Florida in 2013. He and Rosen, who are now expectant parents, own a home near Fort Lauderdale.





Gis for Glutes. The best indication of high-def contest conditioning is cross-striations in the posterior. Those horizontal cracks are another quality that give Lewis his winning edge. "There's always been plenty of muscle there," he avers, "and I don't do any specific exercises to bring my glutes in. It comes with the diet and the cardio and posing, posing, and more posing. I tense my glutes hard every time I strike a pose. It helps bring in that area, but it also reminds me to stay tight all over. If your glutes are flexed, you're going to keep your whole body tight."

His for Humor. "I always take bodybuilding seriously, but I never want to take myself too seriously," Lewis explains. One quality that separates the Welsh Dragon from many in the bodybuilding world is his perpetual good cheer, including a healthy strain of self-deprecation. This, in turn, has helped fuel his immense popularity with fans. Despite his bodybuilding superstardom, his humble and affable nature comes across in everything from his tweets to his seminars to his victory interviews.

Is for Intensity. "The key isn't how many reps you do, the key is how hard you're working the muscle," the Welsh Dragon states. "A lot of people think sets of three or four reps that are really heavy are harder than 15 to 20 reps with a lighter weight. But if you do three reps, you get in and you get out. I want to keep the set going, keep the tension on the muscle. That's the hard work that makes you grow." For a period Lewis followed the high-intensity philosophy of fellow British legend Dorian Yates, and even now Lewis says he sometimes "dabbles" in HIT. But he'll also do five-exercise giant sets for triceps (20 reps per exercise) for a total of 100 reps without rest. Whether taking the low road or the highway, the one constant is maximizing intensity.

Jis for Junior. The IFBB raised the limit a couple of years ago, but previously the junior division was for bodybuilders 20 or under. This was where Lewis first got noticed. He won the Jr. British Championships at 19 in 2003 and repeated in 2004. In that latter year, he ran the table in the NABBA junior division on his way to securing its Jr. Mr. Universe title (two years after Eduardo Correa beat Marius Dohne for that title). Before Lewis turned 21, he was undefeated with eight victories to his name, and, thanks to the Internet, he was generating an international buzz. Who is that kid with the pleasing shape and the big wheels? And how great can he be?



K is for Knowledge. From the powerlifter mentors in his first gym who shepherded his early workouts to the books and magazines he read as he transitioned to bodybuilding to when, at 19, he began working with Neil Hill, Lewis was a dedicated student of training and nutrition. And he remains so to the present day.

L is for Llanelli. This industrial town on the southwest edge of Wales is where James "Flex" Lewis grew up as the son of a metalworker and a nurse and the oldest of three athletic boys. It's also where he discovered bodybuilding. His aunt attended a Tom Platz seminar and purchased a book. When he was 12, Flex saw that book and was blown away by Platz. "I just couldn't get over the size of his legs," he remembers. His parents felt he was too young for weight training, so he hid his dad's rusty barbell under his bed. Every night, the defiant youngster hoisted the loaded bar onto his shoulders and pumped out sets of deep squats before sliding into bed and dreaming of Platz-like wheels.

M is for M-2-M. "That mind-to-muscle connection is the most important thing in my training success," Lewis states. In his junior years, he was in danger of being just another Platz wannabe with a perpetually lagging upper body. Today, the 212 Olympia champ is celebrated for his physique's pleasing proportions. He did this by de-emphasizing his strengths and emphasizing his weaknesses. And the most important component of that emphasis was strengthening his mental connection by going lighter and concentrating on the feel of the muscles working. "I've just recently learned how to really hit my chest so my front delts don't take over. Arms were the first area where I really learned how to focus on them in a way I was missing before. Over time I taught myself to squeeze and get connected with the muscles, and the weights came back up."

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N is for Neil Hill. Flex's nutritionist and trainer is also a 5'5" Welshman. Hill won the overall Welsh Championships in 2002 and competed in his only IFBB pro show later that year before a knee injury hastened his early retirement. "I was really kind of lost," Hill says of his life without posing daises just before he saw "a kid that could be the Michael Jordan of bodybuilding" making his competitive debut at the 2003 Welsh Championships and easily winning the junior division. Lewis and Hill began working together the next day, launching a relationship that has endured for 12 years.

O is for Olympia. The Mr. Olympia is the pinnacle of bodybuilding. Likewise, its 212 division is the apex of lighter-weight bodybuilding. From 1974-79, there were two Olympia classes: lightweight (under 200) and heavy-weight (200-plus). Franco Columbu won the first three under-200 titles; Frank Zane won the last three. And from 2008-11, there was the Olympia 202 Showdown (202 or under). David Henry won the first one; Kevin English won the last three. So there's currently a four-way tie among Columbu, Zane, English, and three-time Olympia 212 Showdown victor Lewis. History can be made in Las Vegas on Sept. 19. A fourth 212 O title for the Welsh Dragon will set the record for most "lightweight" Olympia victories of all time.



P is for Posing.

Lewis is one of the best posers in the 212, and that includes the sometimes unique way he strikes his mandatory shots. His secret? The punch line to that old joke about getting to Carnegie Hall: practice, practice, practice.

Q is for Quality.

In the quantity-versus-quality debate, Lewis is forever on Team Quality. His competitive body weight is limited to 212 pounds, so what he adds somewhere he may need to subtract somewhere else. Like a sculptor with clay, he packs on muscle strategically, always cognizant of the appearance of his entire physique on the Olympia stage.

R is for Rugby. The tough-as-Wales sport of rugby is the national pastime of Flex's native country. Like their father, all three Lewis boys played. (Flex's brother Luke currently plays on a minor-league team.) The desire to grow more powerful for rugby scrums fueled the oldest brother's earliest weight workouts. Rugby was also where James became Flex. At six, he earned his nickname for his flexibility on the rugby pitch. When he took up bodybuilding, he worried that people might think he was stealing Flex Wheeler's moniker, but his mom encouraged him to stay true to himself.

S is for Social Media.

Lewis tells a story about his first day in a gym when "one of the biggest guys" laughed at him when he asked for advice. "That day, when I was 15 and a skinny little runt, I told myself that if I ever got big, I'd never be like that to a newcomer. I'd always be kind to people." Even as he's grown ever larger in size and fame, Lewis has remained one of the most approachable of all pro bodybuilders. And that extends to the digital realm. He serves up a steady stream of updates and interactions on Facebook, Twitter, and Instagram.

T is for Two-Twelve.

The IFBB Pro League 202 division was replaced by the 212 division in 2012, expanding the maximum competitive weight by 10 pounds. Lewis, who had a win-loss record of 3-5 in the 202s, has dominated the 212s. He's 10-0, including the inaugural Arnold Classic 212 last year and all three Olympia 212 Showdowns.



U is for United Kingdom. After winning everything he could in the junior division, young Lewis focused on the British Championships. The overall Brit champ earned IFBB pro status. Flex took the light-heavy class in 2006 but was edged out for the overall. He would not be denied in 2007, winning the British Championships—the most prestigious amateur title in the U.K.



V is for Variety.

For significant periods, Lewis has employed Hill's training program, Y3T, which rotates three different rep schemes. This naturally imparts variety. Furthermore, whether or not he's doing Y3T, the Welsh Dragon is constantly switching his exercises and exercise order. "Variety is crucial to keeping your intensity up and your muscles responding to new stresses," Flex explains.

W is for Wales.

He has now spent almost all of his adult life residing in the United States, but Lewis is proud to be the greatest bodybuilder to emerge from Wales—a country of only three million people (less than 1% of the population of the USA).



X is for X-frame.

Flex was not blessed with wide clavicles.

No one is going to confuse his structure with that of fellow 5'5" legend Franco Columbu's. However, Lewis has long emphasized expanding his medial delts to broaden his shoulders. It's worked. Along with his wispy waist and bulbous quad sweeps, his physique forms one of the most distinct X's in the 212 division.

Y is for Youth. When Lewis won the 2007 British Championships, earning the right to go pro, he was only 23. The following year, when he secured his first 202 pro title and finished third in the Olympia 202 Showdown, he was merely 24. This year when he goes for Olympia 212 victory number four, he'll only be 31, making him one of the youngest top pros. In last year's 212 O lineup, only Aaron Clark was younger.

Z is for Zenith.

If Flex Lewis wins his fourth straight Olympia 212 Showdown on Sept. 19, he'll be in uncharted territory from thereon. He will be in any GOAT (greatest of all time) conversation when it comes to lighter and/or shorter bodybuilders. But will he stay with the 212s or choose, at some future date, to move exclusively to the open class? How high could a 225-pound, peeled Flex place in the Mr. Olympia? He turns 32 on Nov. 11, with likely many years of bodybuilding excellence ahead for him. The Welsh Dragon's zenith? To be determined. His legend continues to grow. **FLEX**

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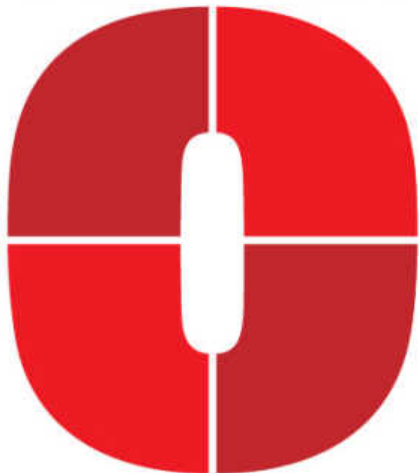


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SHAWN "FLEXATRON"
RHODEN BLOWS UP
HIS GAME PLAN FOR
THIS YEAR'S OLYMPIA,
STARTING WITH ARMS

BY JAMES RILEY

PHOTOGRAPHS BY ALEX ARDENTI



We've been here before, if you've got that feeling of déjà vu. It's June, three months before the 2015 Mr. Olympia, and Shawn "Flexatron" Rhoden has wrapped up an early afternoon session at Gold's Gym in Venice, CA, and he's ready to talk not only about his arms training but also to hint at changes in his strategy for this year's O.

Sound familiar? In the year since FLEX last talked arms with Rhoden, he has finished third at the Olympia behind winner Phil Heath and runner-up Kai Greene, and then went on the Grand Prix tour, where he and Dennis Wolf traded a few wins along the way. Rhoden finished 2014 by besting Wolf with a win at the San Marino Pro.

Not a bad year, although not the end of season he anticipated when looking forward at the start of summer 2014. Returning from the tour five months later, Rhoden knew changes were needed. He felt his focus and direction were off. Other than a couple of benefit appearances, Rhoden took time off to focus on improving for the next Olympia.





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ARMING UP



From 2012–14, Rhoden appeared in 17 contests, finishing in the top three in 13 of them, and winning six. But when the dust settled after all that activity, some wondered if Rhoden was capable of making the changes that would close the last gap separating him from bodybuilding's Big 2: Heath and Greene.

The knock wasn't about aesthetics; it was about size. Heath, Greene, and Wolf—the competitors presenting Rhoden's biggest obstacles—all have a mass advantage.

Rhoden hints that the message has been received, and there are suggestions that this year he might be following a different blueprint.

"It's gonna be a new Shawn in September," Rhoden says. "Every year, you've got to go back to the blueprint, see what changes you can make. It's like a car—there's all kinds of ways to trick it out, get it back into shape, beef it up a bit.

"I made it up to 297 pounds, the biggest I've ever been in the off-season—last year it was 280 pounds. We've got [at press time] 11–12 weeks to go, and I'm always working with my nutritionist Chris Aceto and my trainer Charles Glass as we get into contest prep."

In March, Rhoden was seen shaking hands and taking photos with Günter Schlierkamp at Gold's. Rhoden is a fan of what he hears people calling "old-school bodybuilding." To him, it's all bodybuilding.

"Today the focus is so much on

"BODYBUILDING IS AN ART, AND YOU CAN LOSE THE ART OF IT TRYING TO BE A MUSCLE MONSTER."

being big—anyone can be bigger," Rhoden says. "Bodybuilding is an art, and you can lose the art of it trying to be a muscle monster—the beauty of it can be lost." The underlying message is that while he agrees that gaining muscle is going to be necessary, the ideals of definition and symmetry are not going to be tossed aside.

"We're not going to let that happen," Rhoden adds. "I'll just say this: Everyone is going to be surprised when they see me in September."

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Cable Preacher Curl

Concentration Curl

Hammer Curl

One-arm Pushdown

Pushdown

SETS

4-5

4-5

4-5

4-5

4-5

4-5

REPS

8-15

8-15

8-15

8-15

8-15

8-15

Note: Rhoden starts with a 10-minute fast walk on a treadmill to warm up.



CABLE CURL

4-5 sets x 8-15 reps

"I do high- and low-cable curls, I do them with a straight bar, or one-handed if I want to put more focus on the individual bicep. When you use two arms, you can use more weight. Cables help you isolate the muscle and focus more on the biceps stretching and contracting on each rep."

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*Schoell, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Schoell, et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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SHAWN RHODEN



PUSHDOWN

4-5 sets x 8-15 reps

"Stance is very important. The right body position is crucial. You have to make sure your feet are aligned with the shoulders, arms are tight, shoulders are firm. This is all about making the triceps work through a full range of motion. Get a strong contraction at the end and hold it for a second or two. Focus on the triceps and nothing else."



CONCENTRATION CURL

4-5 sets x 8-15 reps

"This is a finishing exercise for me. Heavy weight is not the priority here. It's all about focusing on the muscle working. It's even in the name of the exercise! Pinch in the contraction of the muscle as much as possible. You have to feel the connection to the biceps."



No swinging or cheating here! Rhoden's focus is as intense as his efforts in moving the weight as he performs a concentration curl.

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*Schoett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Schoett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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SHAWN RHODEN

Rhoden's goal is to work the muscle, not his ego. Proper form and isolating the target muscles are key to maximum development.



SNAPSHOT

Birthdate

April 2, 1975

Birthplace

Kingston, Jamaica

Current

Residence

Los Angeles

Height

5'9"

Weight 297 lbs
(this off-season),
230 lbs (last
contest)

Career

Highlights

2014: Mr. Olympia, 3rd; Arnold Classic, 2nd; Australian Pro, 1st; San Marino Pro, 1st; 2013: Mr. Olympia, 4th; 2012: Europa Super Show, 1st; Tampa Pro, 1st; Mr. Olympia, 3rd; Arnold Classic Europe, 1st; British Grand Prix, 1st; Prague Pro Championship, 2nd; 2009 North American Championships, overall (earned pro card)

Online

shawnrhoden.com

Twitter

[@flexatronrhoden](https://twitter.com/flexatronrhoden)

Facebook

[@shawnflexatronrhodenifbbpro](https://www.facebook.com/shawnflexatronrhodenifbbpro)



CABLE PREACHER CURL

4-5 sets x 8-15 reps

"I do these when my elbows are sore or when I'm closer to competition. When I'm sore the cable keeps the tension constant, which makes it easier on my elbows. It's important to be creative about keeping tension on the muscle. By varying from full extension to mid-extension, you increase tension on the biceps."



ONE-ARM PUSHDOWN

4-5 sets x 8-15 reps

"This is another exercise that I do closer to competition. It's good for muscle isolation and allows you to be creative in order to increase the effects by using full extension, mid-extension, and varying the rep speed."



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TO TAKE HIS
BODY TO THE
NEXT LEVEL AT
THE O.

RHODEN'S TRAINING SPLIT

DAY 1	Chest
DAY 2	Back
DAY 3	Legs

DAY 4	Shoulders
DAY 5	Arms

Note: Rhoden works in calf exercises every other training day. Abs work is added as needed.

HAMMER CURL 4-5 sets x 8-15 reps

"This works the biceps brachialis, and some of the forearm. It's important to keep the arm tight. Hammer curls add to the biceps' 3-D look by making the muscle pop, especially when hanging relaxed, as well as in the rear double biceps pose. It's a great finishing exercise." **FLEX**

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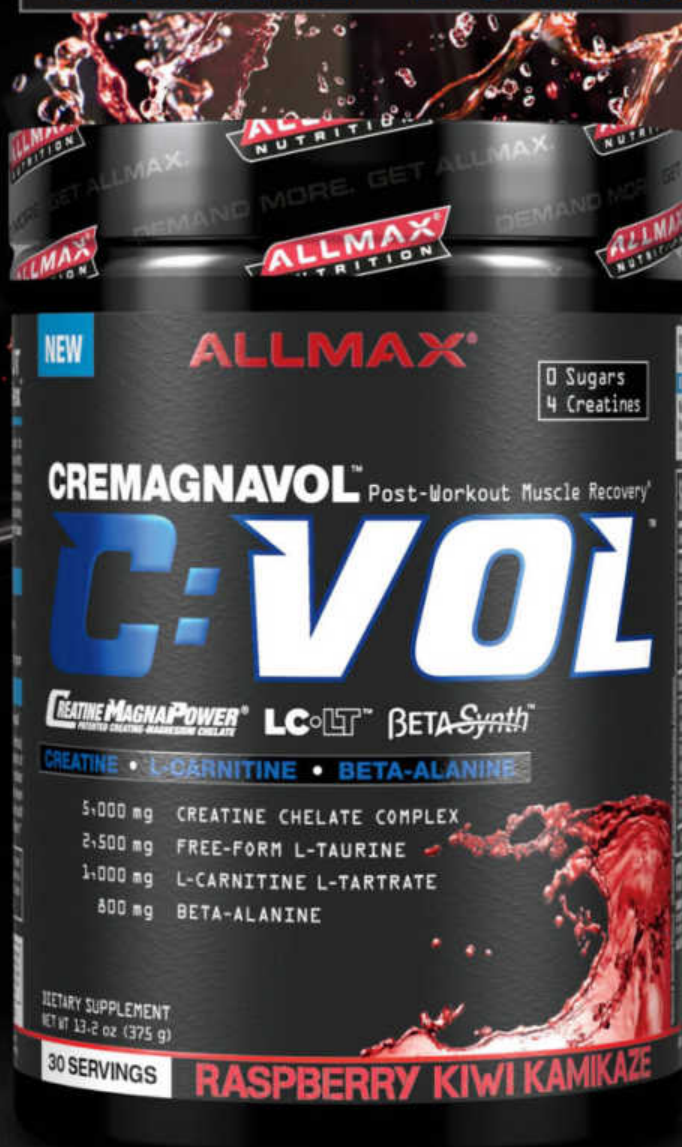
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ELSSBIAY TRAINS ARMS
IN PREPARATION FOR
THE MR. OLYMPIA



BY **GREG MERRITT**
PHOTOGRAPHS BY **KEVIN HORTON**

You're the biggest bodybuilder on the planet.

You're so big you are a planet. If size were the only criterion for Olympia victories, you'd have two Sandows already, and on Sept. 19 you may very well get your first. But today you're far away from Las Vegas. You're in another thriving metropolis in a different desert climate, nearly 8,000 miles from the Olympia stage. You're training in Oxygen Gym in Kuwait City, pumping up the two best arms in at least the Middle East, driving yourself ever onward, bigger and better, bigger and better. And with each rep, you're dreaming the only dream big enough to match your global size—becoming the 14th Mr. Olympia.

OXYGEN

Sometimes you remind yourself just how good you've got it. You toil in arguably the best-equipped muscle-making space in the world, the \$17 million Oxygen Gym in Kuwait City. Its neon flourishes give it an ultra-modern ambiance, and owner Bader Bodai has filled it with so much cutting-edge equipment that striding into the gym for your daily workouts sometimes feels like time traveling into a utopian future.

As just one example of Oxygen's abundance, it has 45 leg machines—enough for someone to choose a different four each time for 11 straight workouts!

Today, like every other training day in 2015 when you've been home and not traveling to Columbus or Cologne or Rio de Janeiro or some other faraway locale, you meet your trainer, Ahmad Alaqi. He's brought a progressive system to your leg, back, chest, and shoulder work, going from sets of 15 reps to sets of six reps, lowering the reps weekly over five weeks and then starting over again at 15. But today is different. Today is arm day. For you, the winner of this year's Arnold Classic Brasil, arm training is about maximizing the pump.

"We get the heavy lifting from pressing and pulling during chest and back workouts," Alaqi tells the curious journalist. "So for arms, we don't need to go as heavy and risk injury. We try to fill the arms with as much blood as we can." That's why you alternate biceps and triceps exercises. "I think this is better [than working biceps and triceps separately] because you fill the whole arm with blood," Alaqi states. You slip on your red Beats by Dre headphones (the \$300 kind), and crank up the volume on your smartphone. Kendrick Lamar is rapping. And you tighten up your wrist straps, as a precautionary measure to fend off tendon strains. It's time for work.



The planet-size Elssbiay could be the biggest threat at the Mr. Olympia.



PREACHER MACHINE CURL

To make sure your biceps are warm before moving on to free-weight curls, you start with one of Oxygen's multitude of curling machines. The selected device mimics a preacher curl with a narrow and sharply cambered grip. When your thumbs are higher than your pinkies during curls, as they are throughout your four, increasingly heavier sets of this exercise, you're targeting your outer biceps heads.

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients. Creatine MagnaPower® is a registered trademark of Albion Laboratories, Inc.

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ROPE PUSHDOWN

Injuries are the one thing that could derail your juggernaut career. So after your initial warmup set of rope pushdowns, you cinch up your GAT lifting belt. Not only does this protect your lower back, even when doing a seemingly safe exercise like pushdowns, it also reminds you to keep your waist tight at all times—a practice that can pay dividends on the Olympia stage. For a 300-pound “planet,” you have a remarkably svelte middle, and you intend to keep it that way.

As you grind out each rep, you remain bent forward so your torso is at about the angle of a clock’s hour hand at 10:30. Simultaneously, your upper arms are always perpendicular to the floor. This arms-in-front position focuses a little more stress on your triceps’ long heads. “Squeeze, squeeze,” Alaqi instructs, reminding you to pull the rope ends apart as far as possible at each contraction. You can barely hear him over 50 Cent thundering in your headphones, but you know what to do. For all 15 reps, you maintain meticulous form: elbows unwavering, fists together at tops and eight inches apart at bottoms.

There’s nothing fancy about barbell curls. But they obviously work!



EZ-BAR CURL

With two machine exercises out of the way, you move to a rack loaded with fixed-weight EZ bars. You strip off your T-shirt to perform the remainder of the workout in a black Team GAT tank top. And all the while the intrepid photographer clicks away. After a first set of EZ-bar curls with 90 pounds, you go up to 110. “The important thing is to stay strict,” you tell the curious journalist. “Maintain all the tension on the biceps from start to finish.” And that’s exactly what you do. Keeping your elbows locked, you seem to glower at yourself in the mirror throughout each set. You’re actually intensely focused on only your muscles and paying no attention to the metal moving. Your trainer will correct your form on those rare occasions when it starts to waver.

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RAISE the BAR

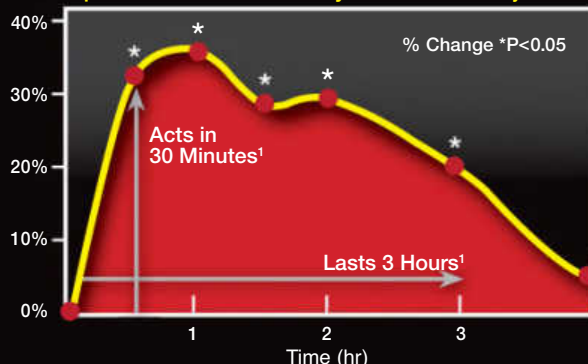
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Nitrosigine® is a patented ingredient of bonded arginine silicate with FDA New Dietary Ingredient notification status; now affirmed as GRAS.[^] It has been clinically shown to significantly boost nitric oxide (NO) levels.^{*1} Nitric oxide is a key factor in increasing blood flow to working muscles. Nitrosigine® is engineered to take effect in just 30 minutes, producing increased arginine levels that can last through your entire workout, for up to 3 hours^{*1} – after just a single dose! With continued use, nitric oxide levels build over time.^{*1} Increased NO levels can lead to even better blood flow and vessel flexibility.

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©2015 Nutrition 21, LLC Nitrosigine® is a registered trademark of Nutrition 21, LLC. U.S. Patents: 5,707,970; 6,156,735; 6,344,444; 6,803,456; 7,576,132. 1. Kalman D, Feldman S, Samson A, Krieger D. A clinical evaluation to determine the safety, pharmacokinetics and pharmacodynamics of an inositol-stabilized arginine silicate dietary supplement in healthy adult males. *The FASEB Journal* 2014;28(1):SLB418. 2. Proctor SD, et al., A Novel Complex of Arginine Silicate Improves Micro- and Macrovascular Function and Inhibits Glomerular Sclerosis in Insulin-Resistant, JCR: LA-cp rats. *Diabetology*. 2005;48(9):1925-32. ^Affirmed as Generally Recognized As Safe (GRAS) for use in nutritional bars and beverages. DRA498NBPH071615



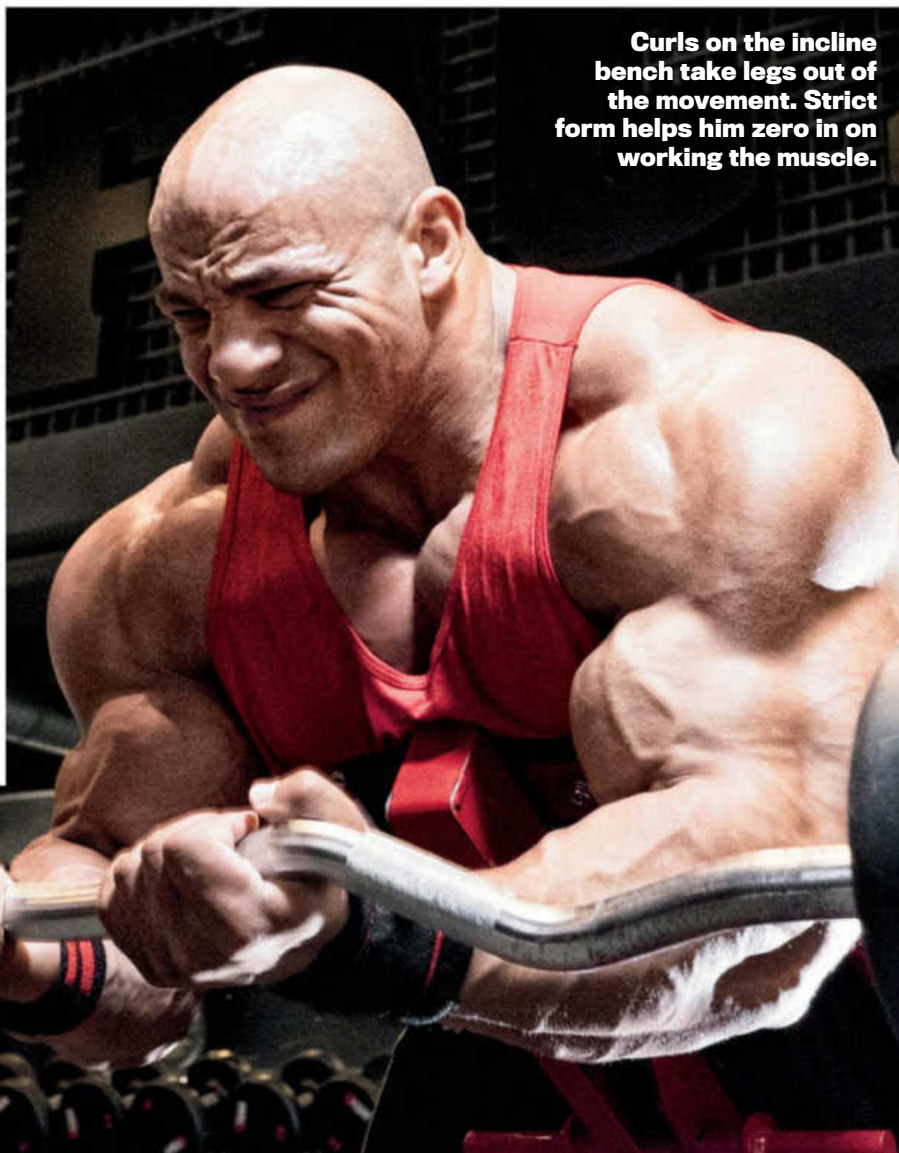
SEATED CABLE TRICEPS EXTENSION

By the time you get to your fourth exercise, you've shed not just your T-shirt but also your headphones. That's not a signal that you'll be bantering with your trainer or other Oxygen members. Intra-workout conversation rarely progresses beyond tweet-size updates for your trainer regarding your strength and pump levels. Working out is your job. It's your one daily chance to stimulate growth, and you never take that lightly. So, despite your jovial nature at other times, from your first set to your last you remain mostly mute.

You position your gargantuan frame in a seated triceps extension machine, and your trainer helps you grab the short, cambered handle from behind your head. This is a French press with a cable machine, and you let your elbows flare out at the bottom of each rep to maximize the stretches. Your eyes are clenched shut for nearly the duration of the set. With your hands going behind your head and with no mirror in front of you, you fixate entirely on feel. "Come on, two more!" Alaqi encourages. Your face is contorted with torment. "Come on, one more! One more, Ramy!"

INCLINE EZ-BAR CURL

For your third biceps exercise, you're once again holding an EZ bar, which means that once again your thumbs are higher than your pinkies, targeting the long heads of your outer biceps. However, unlike the standing EZ-bar curls, you take a narrow grip and you position yourself facedown on an incline bench. Lying takes your legs out of the lift, thus removing any sway. Your upper arms stay locked in place, perpendicular to Oxygen's floor, and you get such an intense peak contraction on every rep that only 50 pounds feels like three times as much. It's not about how much you lift; it's about how much you look like you can lift.



Curls on the incline bench take legs out of the movement. Strict form helps him zero in on working the muscle.

WAY YOUR IS WORKOUT



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WELCOME TO VISIT



BOOTH AT MR OLYMPIA EXPO

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While there's no doubt that Elssbiay can hoist some heavy weights, strength is not his goal. Reps range from 10-15.



LYING TRICEPS EXTENSION

Your reputation for favoring machines over free weights is well deserved, but, in the heart of today's arm routine, three out of four consecutive exercises are performed with a cambered barbell. This is No. 3, and it's your only free-weight triceps lift—the skull crusher. Once again, you're not out to set any strength records (or crush your skull). Your trainer hands you a 90-pound EZ bar for your first set and a 110-pounder for your final two sets. You take a narrow grip and let the bar drop to just above your forehead before powering it back up for a brief lockout on every rep. "It's important to keep a steady pace going," you tell the journalist. "I don't want to rest long at contractions, because I want to keep tension on the triceps."

ELSSBIAY'S ARM ROUTINE

EXERCISE	SETS	REPS
Preacher Machine Curl	4	10-15
Rope Pushdown	4	10-15
EZ-bar Curl	3	10-15
Seated Cable Triceps Extension	3	10-15
Incline EZ-bar Curl	3	10-15
Lying Triceps Extension	3	10-15
One-arm Machine Curl	3	10-15
Underhand Pushdown	3	10-15

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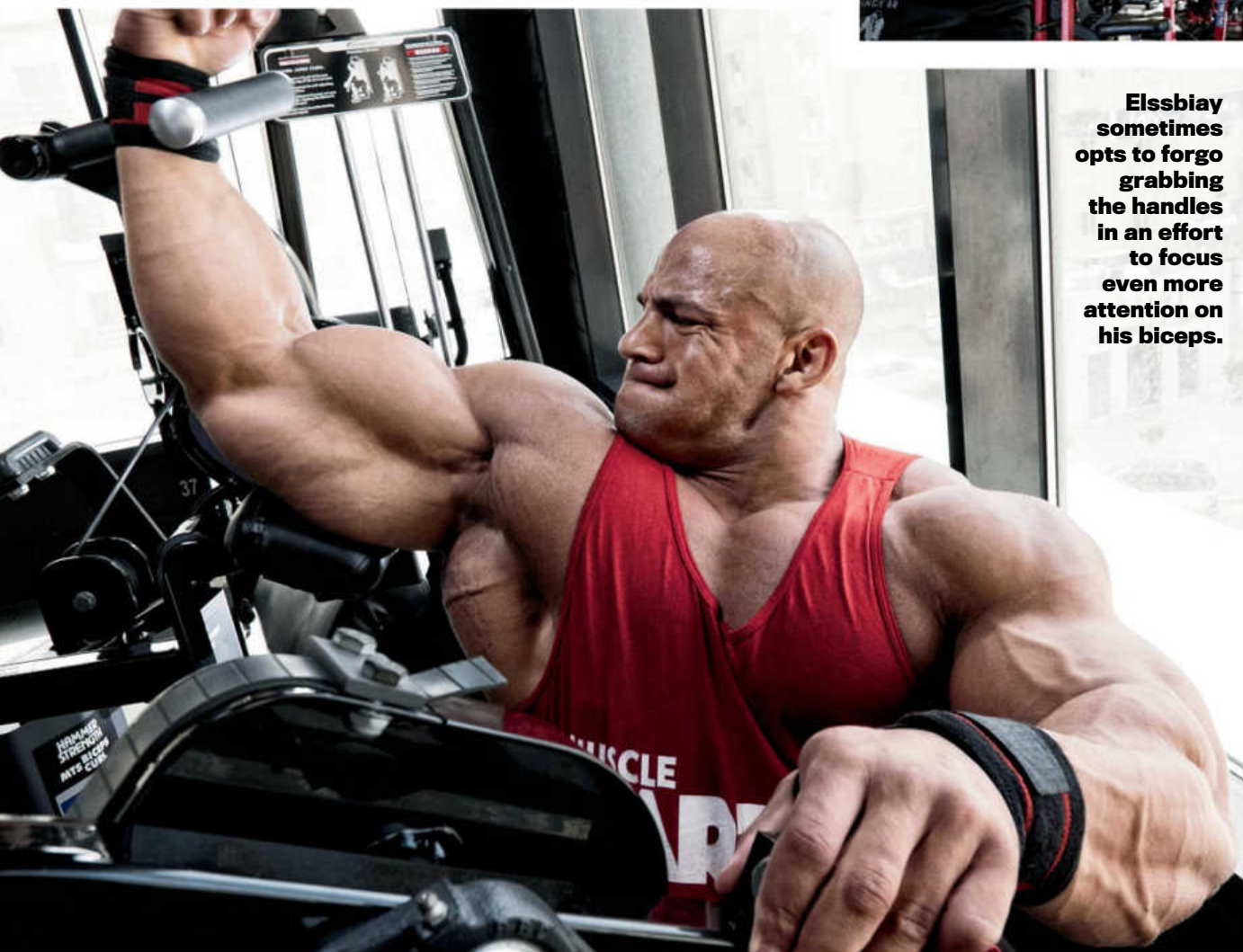
MUSCLE & STRENGTH



UNDERHAND PUSHDOWN

"Dropsets and rest-pause sets—we do them only at the end of the workouts," Alaqi states. And so it is for your final exercise of the day, which includes both reductions in weight (drops) and brief hiatuses (rest-pauses). You're back at a pushdown station and, as with the rope pushdowns that kicked off your tri work, you stay bent forward at the 10:30 position. But this time you take an underhand grip on a cambered bar. Going underhand places more stress on the oft-neglected triceps medial heads.

During the final two of the three sets, you reach failure thrice. The first time you pause for a few seconds and then go again, scowling and moaning. The second time you pause, Alaqi quickly moves the pin to a higher slot in the stack, selecting a slightly lighter weight. Then you go again. Another rep. Another. Another. Grimacing, growling. One more. Finally, you can't quite lock it out. You've failed for the third and last time—until next time.



Elssbiay sometimes opts to forgo grabbing the handles in an effort to focus even more attention on his biceps.

ONE-ARM MACHINE CURL

Of your eight arm exercises today only one is unilateral. It's your final biceps lift: one-arm machine curls. The selected contraption has angled pads that elevate your elbows above your shoulder joints. During many reps, you're not even holding the handle. Instead, your wrist wrap is braced against the handle as you curl, allowing you to focus only on the working biceps. After you reach failure, on the third and final set for each arm, Alaqi helps you with a couple of forced reps. You grimace and grunt, grinding out the last torturous rep—with a little help.

"We don't use forced reps a lot," your trainer tells the curious journalist. "But we push the last set of each exercise to failure, and sometimes I help with forced reps near the end of the workout. Also, sometimes we finish the workout by supersetting the last biceps and triceps exercises. We do that every third arm workout."

BUILDING TESTOSTERONE LEVELS

TIP THE SCALE IN YOUR FAVOR

You're training hard, eating right and starting to see that muscle definition you've been working hard to achieve. Yet still, it seems as though there's a missing piece to the puzzle. What is it that's keeping you from taking your physique to that next level? You want to be different... better than the rest. You want to shed that last layer of unwanted fat and water that's obscuring those razor sharp abs and deep muscle cuts. This level of conditioning isn't easy, and it is reserved for the elite few that want it badly enough. So you ask yourself - what does it take to really push your body past its limits? What will really take your physique above and beyond where you thought it could go? The answer, and that missing piece may be this: testosterone.

Testosterone allows you to build muscle and burn body fat more effectively. On the flip side, the more body fat you have, the lower your testosterone levels may be. You might already be aware that there are certain steps you can take to up

your t-levels naturally (such as lifting weights, eating "good" fats, getting adequate amounts of sleep, avoiding simple sugars, etc), but sometimes that's just not enough to give you that extra edge over the competition.

Your body is a machine and testosterone is the engine. Your efforts in the gym become more redundant if the engine isn't functioning properly. That's where giving your t-levels a boost can really maximize your body's potential and help you achieve that lean, hard and dry look that most bodybuilders desire.

There is a void in the market for a supplement that could help support testosterone levels while simultaneously minimizing estrogen levels for maximum strength, power, and muscle growth. Out of this need is where A-HD™ was born. The first edition of A-HD™ was unimaginably powerful, but BPI wanted to take it past that. Enter the second generation of testosterone support, A-HD ELITE™.

A-HD ELITE™ represents the most significant testosterone supporting product in recent history. Its estrogenic

Maximize your natural muscle building engine, while driving down the impediments that hinder muscle development!

modulating characteristics are more pronounced now than ever before. Think of it like a scale that you want tipped in your favor; you want to promote testosterone levels and minimize estrogen levels to get you on your way to achieving that shredded physique that you've been after. We did this by taking the best testosterone booster - A-HD™ - and incorporating the newest scientific findings with cutting-edge, researched ingredients. This powerful testosterone support supplement helps put your body in an optimal state for muscle growth, body fat levels, and strength gains like the pros experience.*†

BUILD MUSCLE LIKE A PRO.

James G.
Co-Founder of BPI Sports

Testosterone is a hormone naturally produced in the body that is responsible for changes in characteristics such as:

- Muscle Mass
- Fat Distribution
- Strength
- Libido



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

OLYMPIA

Afterward, while your arms are engorged with blood, you strike a front double biceps pose for the intrepid photographer. It's only then, 70 minutes after your first set of the day, that your thoughts wander from the colossal muscles of your upper arms. At that moment, you're thinking about Sept. 18 and the prejudging of the 51st Mr. Olympia contest when you'll be onstage in Orleans Arena, nearly 8,000 miles away from Oxygen Gym where you stand now. You're thinking about locking in that same pose in the first callout with Phil Heath and Kai Greene. You're the biggest bodybuilder on the planet. But you want to be the best. **FLEX**

AT NEARLY 300 POUNDS, ELSSBIAY WILL BE THE BIGGEST BODYBUILDER ON THE 2015 MR. OLYMPIA STAGE. BUT SIZE ISN'T EVERYTHING. HE HASN'T MADE THE ALL-IMPORTANT FIRST CALLOUT IN EITHER OF HIS TWO O APPEARANCES. WILL THIS BE THE YEAR BIG RAMY CHANGES THAT?





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Popeye was right. Swedish researchers discovered that nitrates—naturally occurring compounds found in spinach—work to improve muscular strength.



— SNACK — ATTACK



■ TEX-MEX PINWHEELS

Serves 4

Who says pinwheels are just for school lunch boxes? This superfast grown-up version has it all: a good amount of protein, plenty of fat-fighting fiber (gracias, pinto beans), and a little kick from the pickled jalapeños to wake up your taste buds.

Ingredients

1½ cups fat-free refried beans
4 (8-inch) whole-grain tortillas
4 oz shredded cheddar cheese
¼ cup pickled jalapeño, sliced
4 cups baby spinach

Directions

1 Spread an even amount of the refried beans on each tortilla, leaving about ½ inch from the edge open. Sprinkle an even amount of the cheese and jalapeño over the beans. Top with spinach and roll tightly.

2 Slice into 1-inch pieces and spear each pinwheel with a toothpick to hold together.

Per Serving

CALORIES

309

PROTEIN (g)

15

CARBS (g)

31

FATS (g)

13

BY MATTHEW KADEY, M.S., R.D. PHOTOGRAPHS BY TRAVIS RATHBONE

A SMALL MEAL IN BETWEEN BIG MEALS CAN STOKES YOUR METABOLISM AND KEEP YOUR MUSCLES GROWING—BUT ONLY IF IT'S GOT ALL THE RIGHT MACROS. FUEL YOUR BODY SMARTER WITH THESE THREE QUICK AND EASY SNACKS.

SNACK ATTACK



JERKY TRAIL MIX

Serves 6

You don't have to be lost in the woods to reap the benefits of this riff on trail mix. Jerky cranks up the protein numbers, while the hunger-quelling healthy fats in the nuts help tame any vending-machine temptations. Plain popcorn provides antioxidants and fiber.

Ingredients

4 cups plain, air-popped popcorn
4 oz jerky, chopped
½ cup unsalted roasted almonds
½ cup unsalted roasted cashews
¼ cup unsalted shelled pumpkin seeds (pepitas)
⅔ cup dried cherries
⅓ cup unsweetened dried coconut flakes

Directions

Place all the ingredients in a large container and toss to combine. Divide mixture among sandwich ziplock bags for transport.

Per Serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
311	15	30	16

CALORIES COUNT

The most energy-dense snack in this feature is the Jerky Trail Mix, which clocks in at 311 calories. Cap any snack at 350 calories; if you go beyond that, you've stepped into meal territory.

LOVE BITES

These store-bought items prove that not all packaged snack foods are nutritional duds. Best of all, they taste great.



VEGGIE-GO'S

These no-sugar-added fruit leathers deliver a serving of organic vegetables such as sweet potatoes, beets, and carrots.
nakededgesnacks.com



BARE FUJI APPLE CHIPS

These crunchy and sweet better-for-you chips contain just one ingredient: apples.
baresnacks.com



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A welcome relief from overly sweet bars, these bars come in savory flavors such as roasted jalapeño and honey mustard. Each bar contains 10 grams of protein.
kindsnacks.com



JUSTIN'S ALMOND BUTTER SQUEEZE PACKS

A welcome alternative to lugging around a glass jar, these to-go packets let you rip one open at any time to slather on fruit—or squeeze straight into your mouth.
justins.com



SUPER-SEEDZ

Nutrient-dense dry-roasted pumpkin seeds are gussied up with everything from curry to basil to paprika.
superseedz.com



KRAVE BLACK CHERRY BARBECUE

A hugely satisfying chewy texture and 11 grams of protein minus the MSG make this inventively flavored jerky a standout.
kravejerky.com



OCEAN'S HALO SEAWEED CHIPS

In addition to being another great potato chip alternative, seaweed can reduce fat absorption by up to 75%, according to one study.
oceanshalo.com

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BPISPORTS.COM

PB&J BLINI

Serves 5

This twist on PB&J will take you right back to the playground. Blini are small pancakes that can be transformed into transportable mini nut-butter-and-jam sandwiches for those times when you're feeling peckish. Also try stuffing them with a smear of cream cheese.

Ingredients

½ cup whole-wheat flour or oat flour
½ cup almond flour
½ tsp baking powder
½ tsp baking soda
Salt
2 large eggs
½ cup plus 2 tbsp milk
¼ cup natural peanut butter or almond butter
¼ cup low-sugar jam of choice
1 tbsp oil or butter

Directions

1 Combine flours, baking powder, baking soda, and a pinch of salt in a large bowl. In a separate bowl, gently beat eggs and stir in milk. Add wet ingredients to dry ingredients and stir until smooth. Let batter rest 10 minutes.

2 Heat oil in a skillet over medium heat. By the tablespoonful, drop batter into pan and cook until edges begin to brown and bubbles form on the surface, about 2 minutes. Flip over and cook for 1 minute more, or until golden brown on the bottom. Repeat with remaining batter. You should have about 20 mini pancakes.

3 Spread 1 tsp each of nut butter and jam on 10 pancakes and top with remaining pancakes. Wrap in a piece of foil for transport.

Per Serving

CALORIES

277

PROTEIN (g)

11

CARBS (g)

22

FATS (g)

17

THE RULES OF SNACKING

To make your snacks work harder for you when bridging the gap between meals, take heed of these guidelines.

KEEP IT LIGHT

Remember, it's a snack, not a meal. So cap calories at about 350.

UP THE PROTEIN

To keep muscle growth going in full force all day long, be sure your snacks contain some quality protein. Shoot for at least 8 grams.

EAT CLEAN

Snacking is an opportunity to work toward your daily macros and get the right vitamins, minerals, and fiber into your diet. But this will happen only if you stick to whole foods and avoid the packaged crap that dumps unwanted calories and synthetic ingredients into your gut.

PLAY THE CLOCK

To avoid packing on fat, most of your snacking calories should come midmorning and midafternoon. Try to limit late-night snacking to only items rich in protein, such as cottage cheese.

FLEX

FLOUR POWER

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CHISELED

THE CHEST

**EDUARDO CORREA
ZEROS IN ON THE OLYMPIA
212 SHOWDOWN WITH A
CHEST THAT JUST MAY BE
THE BEST IN THE DIVISION**

BY JOE WUEBBEN PHOTOGRAPHS BY PER BERNAL



EDUARDO CORREA HAS REACHED THE ELITE RANKS

of the IFBB Pro League's 212-pound division with a meticulously crafted blend of size, shape, and, most important, symmetry. And **he's not about to throw that all away by hammering his pecs** with more vigor than, say, his quads or delts.

It's all about priorities, people.

"To be honest, of all the muscle groups, the chest is definitely not my top priority, despite being a muscle that I love to train," says Brazilian-born Correa. **"I consider chest one of my strongest body parts. It's a muscle**



WHERE LEGENDS
ARE MADE

Las Vegas, NV
Sept. 17-20, 2015

HAMMER STRENGTH INCLINE PRESS

START

Adjust the seat of a Hammer Strength incline press machine so that the handles are just outside your chest. Keep your feet flat on the floor and your back and head against the seat back. Grab the handles to assume a grip just outside shoulder width and start in the down position (elbows fully bent).

EXECUTION

Press the weight up explosively but under control until your elbows are extended but not locked out. Slowly lower the handles back down to the start position, keeping constant tension on the pecs by not letting the weight rest on the rubber pads between reps.

CORREA SAYS

"Avoid using the shoulders while pushing the weight; using a narrow hand placement may help you do this. Concentrate on the pec muscles to intensify the peak contraction."

group for me that combines size and volume with well-defined striations, especially in front lat spread and side chest poses."

That said, Correa doesn't exactly ignore his pecs in the gym. He trains them twice a week with fairly high volume using a basic workout template like the one following—compound movements mixed with isolation exercises in the hypertrophy-friendly 10- to 15-rep range. Quality is key for Correa, who

favors strict reps on machines versus piling plates on a bar to try and impress others with a big bench press. His featured chest workout is living proof of this, as only one of the four exercises involves free weights, and that free weight is only body weight.

Indeed, Eduardo Correa **takes a cerebral approach to his training.** Here, he shares a few more keen insights into developing pecs to their fullest.

CORREA'S CHEST RULES

1 STAY FOCUSED

"When I'm working chest, I try to maximize the stress on the pec muscles by reducing the involvement of the shoulders and triceps. How do I do that? Well, by **keeping the shoulders stabilized during the movement and reaching maximum contraction of the chest** even before the arms reach full extension. This increases the efficiency of the exercise. I focus on all parts of the chest evenly, because I believe that the chest needs to be developed completely."

CORREA SAYS

"Again, minimize the shoulder action during the exercise. **You don't need a huge stretch;** most important is to achieve a maximum contraction at the peak of the movement."

MACHINE FLYE**START**

Adjust the seat of the machine so that the handles are at chest level. Sit on the seat with your back flat against the pad, grasp the handles, and begin with your arms straight out to the sides, your elbows slightly bent, and the weight lifted off the stack to place tension on the muscles.

EXECUTION

Contract your pecs to bring your hands together, keeping your shoulders back. When your hands touch, squeeze your pecs hard for a count, then slowly return to the start position.



HEIGHT: 5'6" **WEIGHT:** 238 pounds off-season; 212 pounds contest

AGE: 34 **RESIDENCE:** Santa Catarina, Brazil

CAREER HIGHLIGHTS: 2015 Arnold Classic, 3rd; 2014 Olympia 212 Showdown, 2nd; 2013 Olympia 212 Showdown, 5th; 2012: Olympia 212 Showdown, 3rd; Prague Pro 212, 3rd; Valenti Cup 212, 1st; 2010: Olympia 202 Showdown, 3rd; Europa Show of Champions 202, 1st; 2009 New York Pro 212, 4th; Olympia 202 Showdown, 3rd; Pittsburgh Pro 202, 1st; 2008 Arnold Amateur 212, 1st.

TRAINING SPLIT

DAY 1	Legs
DAY 2	Chest, shoulders
DAY 3	Back, triceps
DAY 4	Legs
DAY 5	Chest, shoulders
DAY 6	Biceps, triceps
DAY 7	Rest

CHEST WORKOUT

EXERCISE	SETS	REPS
Hammer Strength Incline Press	3	10-12
Machine Flye	4	12-15
Cable Crossover	4	12-15
Dip	3	10-12

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"Training is much more than just going to the gym and perform every day. Training is a daily battle against yourself, doing those impossible reps and pumping your muscles to the max, to the point you feel a burst of pain, lactic acid and blood. When that happens you get so breathless that can hardly move. A true pre workout is the one that takes you beyond your own limits. To conquer and go through a grueling workout, BONE CRUSHER is my favorite. BONE CRUSHER is the pre workout with the higher pump in the market, a real bone destroyer." **BLACK SKULL™ No Feelings. Just Results.**

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CABLE CROSSOVER

START

Attach D-handles to cables at the highest pulley setting in a cable crossover station. Grab a handle in each hand, center yourself in the middle, and step forward a foot or two so that the weights lift off the stack. Begin with your arms outstretched to the sides, a slight bend in your elbows, and your torso leaning slightly forward.

EXECUTION

Contract your pecs to pull your hands together down in front of your midsection, keeping only a slight bend in your elbows. When your hands reach each other, squeeze your pecs hard for a count, then slowly reverse the motion to return to the start position.

CORREA SAYS

"If the objective is to recruit the lower pectoral fibers, you can keep your torso more upright. I like to place the arms slightly in front of the body to recruit a larger portion of the chest."



CORREA'S CHEST RULES 2 MANAGE YOUR INTENSITY

"I do use intensity-boosting techniques, particularly dropsets. But it's important to remember that intensity does not measure the efficiency of a workout. **When you train, you want to stimulate the muscle, not kill it.** So the intensity must be tailored to each situation. A good yardstick to measure that the correct level of intensity is being used is the muscular pump."

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OUT OF BREATH?
SWEATY?
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CORREA SAYS

"The main thing here is to prevent the shoulders from raising up during the eccentric [negative] phase and from lowering on the concentric [positive] portion of the rep."

**DIP****START**

Find a parallel bar dip apparatus with relatively wide grips (at least shoulder width). Begin holding on to the ends of the bars with your body suspended and your arms extended. Lean slightly forward at the torso to place more tension on the pecs (remaining vertical will target the triceps more).

EXECUTION

Bend your arms to slowly lower yourself down while still emphasizing the forward lean of the upper body. When your elbows reach at least 90 degrees and you feel a stretch in the shoulders and pecs, press yourself back up to the start position in an explosive motion. **FLEX**

CORREA'S CHEST RULES**3 CHECK YOUR EGO**

"If your goal is aesthetics, you should focus on that and leave the ego aside. **Work the target muscle with strict technique.** Don't worry about heavy weights."

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one's the toughest

I wonder what
they say about
the fifth

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this look so easy."

- Phil Heath

Mr. Olympia, 2011, 2012, 2013, 2014

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THE KINGMAKER



A PREVIEW OF THE 2015

OLYMPIA



ONE MAN WANTS A FIFTH STRAIGHT SANDOW. SIXTEEN OTHERS WANT TO STOP HIM. WHATEVER HAPPENS, ONE THING REMAINS CERTAIN: THE LAST MAN STANDING WILL RULE THE BODYBUILDING KINGDOM. **BY DAVE LEE**

It's the one we've been waiting for.

With each passing contest, more talk centers on September

and what could happen. Will this be the year that third-place finishers Shawn Rhoden (2012, 2014) and Dennis Wolf (2013) crack that barrier? Will veteran Dexter Jackson shatter a record (see this month's O Zone on page 56)? Will Mamdouh "Big Ramy" Elssbiay live up to the potential everyone sees in him?

And then there's the rivalry between the No. 1 bodybuilder and the No. 2 bodybuilder on the planet for three years running, Phil Heath and Kai Greene. The latter has watched from his second-place perch as the former raised the Sandow in victory each time. This could be the do-or-die moment for the challenger. Heath, on the other hand, is dominating the sport and a fifth win would put him fourth on the list of most Olympia titles.

We take an in-depth look at last year's top five, plus seventh-place finisher Big Ramy and the rest of the talent-laden lineup of this year's O. Note: The following list is based on competitors qualified at press time.



**WHERE LEGENDS
ARE MADE**
Las Vegas, NV
Sept. 17-20, 2015



PHIL HEATH

BORN 12/18/79
HEIGHT 5'9"
WEIGHT 250 lbs
OLYMPIA HISTORY
2011-14, 1st;
2010, 2nd; 2009,
5th; 2008, 3rd

The four-time champ has been consistent in his ability to come in shredded while maintaining fullness. His degree of detail from head to toe, in front, back, and side poses, has made him untouchable. His rear double biceps is the best in the game, and he has that rare quality that Arnold described as "muscles coming to life" when he poses. The Gift is full of confidence and forces others to play his game. He will need to be off and his challengers will need to be better than they've ever been before if he is to be denied a fifth Sandow.



KAI GREENE

BORN 7/12/75
HEIGHT 5'8"
WEIGHT 270 lbs
OLYMPIA HISTORY
2012-14,
2nd; 2011, 3rd;
2010, 7th;
2009, 4th

Greene has loads of muscle but has missed the mark for the crisp dryness he showed earlier in his career. The crisis is that when he comes in lighter to show greater detail, he sacrifices some fullness through his chest and shoulders. Back and legs remain strong points at any body weight, and if he can nail it, he's got the goods to unseat the champ.

50 YEARS OF MR. OLYMPIA

The 13 greatest
bodybuilders of all time

1965-66 Larry Scott » 1967-69 Sergio Oliva

» 1970-75 Arnold Schwarzenegger » 1976 Franco Columbu

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SHAWN RHODEN

BORN 4/2/75
HEIGHT 5'9"
WEIGHT 235 lbs
OLYMPIA HISTORY
2014, 3rd; 2013, 4th;
2012, 3rd; 2011, 11th

With tiny joints and full muscle bellies, Rhoden's physique has been likened to the legendary Flex Wheeler and other great aesthetic bodybuilders of the '90s. His wheels can roll with anyone in the lineup, and he has the width to hang in front and back poses. Not quite as thick through the torso and arms as the rest of the top five, side chest and side triceps are his vulnerable angles. If he comes in with more muscle in those areas, he could be the guy to crash the Heath-Greene party.

DENNIS WOLF

BORN 10/30/78
HEIGHT 5'11"
WEIGHT 275 lbs
OLYMPIA HISTORY 2014,
4th; 2013, 3rd; 2012,
6th; 2011, 5th; 2010,
5th; 2009, DNP;
2008, 4th; 2007,
5th; 2006, DNP

He's been up and down at the O more than anyone else in the top six. The knock on Wolf is that he looks like a sure thing leading up to the show but fades when he gets onstage. In 2013, he showed remarkable improvement in his hamstrings and overall condition to place a career-high third. He was slightly off that form last year to drop to fourth. With his size and width, he's got the "wow" factor to be a serious threat.

BILL COMSTOCK (2)

50 YEARS OF MR. OLYMPIA

» 1977-79 Frank Zane » 1980 Arnold Schwarzenegger » 1981 Franco Columbu
» 1982 Chris Dickerson » 1983 Samir Bannout » 1984-91 Lee Haney

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DEXTER JACKSON

BORN 11/25/69 **HEIGHT** 5'6½" **WEIGHT** 235 lbs
OLYMPIA HISTORY 2014, 5th; 2013, 5th;
 2012, 4th; 2011, 6th; 2010, 4th; 2009, 3rd;
 2008, 1st; 2007, 3rd; 2006, 4th; 2004, 4th;
 2003, 3rd; 2002, 4th; 2001, 8th; 2000, 9th;
 1999, 9th

This former Mr. O (2008) is the elder statesman of this lineup, but he's not conceding anything to his younger competition. In 15 Olympia appearances, he has never placed lower than ninth. Aside from calves (do we still count them?), Jackson has no glaring weakness. His front double biceps and side chest poses remain prime examples of quality over quantity. The Blade seems impervious to Father Time and his usual super-sharp condition helps him overcome the few pounds he gives up to bigger foes.



MAMDOUH ELSSBIAY

BORN 9/16/84
HEIGHT 5'9"
WEIGHT 286 lbs
OLYMPIA HISTORY 2014, 7th; 2013, 8th
QUALIFYING CONTEST 2015 Arnold Classic Brasil

There's big, and then there's Big Remy big. Ever since he earned pro status by winning the 2012 Amateur Olympia, all eyes have been on the Egyptian to see what he could do on the Olympia stage. There's no question that he has the muscle, with what may be the widest wheels of all time, but at this level, pure size is not enough, as evidenced by his past placings. It remains to be seen if he can take his separation and detailing up to Olympia caliber. A Heath-Ramy first callout would bring down the house.

50 YEARS OF MR. OLYMPIA

» 1992-97 Dorian Yates » 1998-2005 Ronnie Coleman » 2006-07 Jay Cutler
 » 2008 Dexter Jackson » 2009-10 Jay Cutler » 2011-14 Phil Heath » 2015 TBD

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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Las Vegas, NV
Sept. 17-20, 2015
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Las Vegas, NV
Sept. 17-20, 2015



BY TEAM FLEX

OLYMPIA EXPO

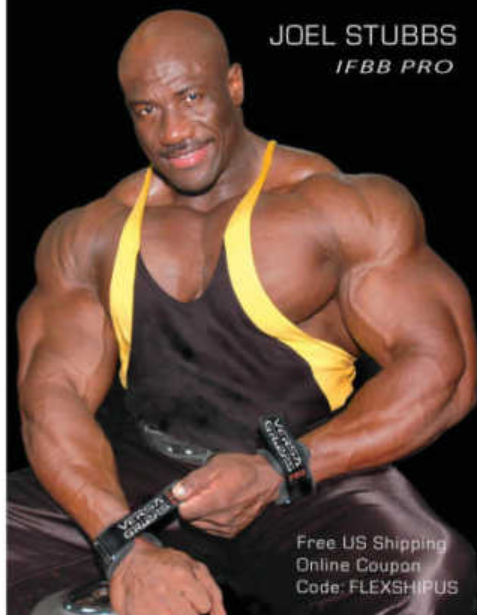
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PUSH or PULL



VG



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A little over a decade ago, the Olympia Expo could fit inside a hotel ballroom. Now it occupies two spacious halls of the Las Vegas Convention Center—and it's a madhouse! An ocean of people against a backdrop of thumping music and nonstop chatter. You'll see superstar bodybuilders and fitness athletes, entertainment and sports celebrities, guys and gals, running, climbing, jumping over things, lifting barbells, logs, and other heavy objects. You'll see fists of fury in

hard-hitting combat action. And, of course, there will be chiseled physiques and toned and shapely bodies at every turn.

Every year the FLEX staff puts aside trivial things like eating and sleeping so we can cover every second of the action. We're on the scene before the sun comes up, and we stay until security escorts us out the door. So check out our rundown of all the things to see and do at the industry's wildest weekend. For the complete schedule of events, go to mrolympia.com.

EXPLOSIVE GROWTH

"With its long history of excellence dating back to 1965, the Mr. Olympia carries the prestige of being the sport's pinnacle of achievement—still, we knew there was room for expansion. For AMI's first Olympia in 2004, we turned it into a multiday event for fans to watch the greatest bodybuilding and fitness athletes in the world, sample the latest equipment and supplements, and participate in several exciting activities. Thanks to such efforts the growth of the expo has been staggering.

Perhaps the most positive change has been the diversity of the crowd. In the early days the majority of the people leaned toward the bodybuilding spectrum, but every year we've seen that evolve. People involved with other sports and fitness disciplines are flocking to the Olympia Expo. Fans of all ages and even entire families from all over the world make this their vacation destination. As you'll read in this special preview, from corner to corner you'll see obstacle courses, extreme sports, model searches, martial arts, boxing, and, of course, bodybuilding, powerlifting, and strongman competitions, and much more. It's all here for fitness and sports enthusiasts at the 2015 Olympia Expo."

—DAVID PECKER

Chairman, President, and
Chief Executive Officer of
American Media, Inc.



FAN DAY

The numbers don't lie: The Olympia Expo is the hottest ticket in Sin City.

55,481

Total attendance in 2014; the total in 2004 was 12,710.

500,000

Square footage of the Las Vegas Convention Center's South Hall.

221

Vendors at last year's Expo.

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Insane Strength from the tried, tested and proven 4g Creatine, 1g Creatine HCl and **CarnoSyn**® Beta-Alanine combination; dosages that deliver for strength when and where it matters most.

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HydroMax
glycerol powder 65%

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CARNOSINE SYNTHESIZER

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BATTLE OF THE BARS

The World Calisthenics Organization's Battle of the Bars sets new heights in aerial acrobatics and all-around fitness. The first day's competition will test strength and endurance with calisthenics, with Day 2 spotlighting the high-flying action of the bar events in a single-elimination bracket system with the last man standing—or flying, in this case—walking away with top honors.

FLEX STAFF "I'm glad this wasn't mandatory in P.E. The level of strength, coordination, and agility on display is amazing. These athletes are fearless."



OLYMPIA JIU-JITSU GRAPPLING

Call it a chess match on the mat as opponents try to outmaneuver each other, both physically and mentally, shifting positions for the final advantage that will give them the win. Athletes must plot their strategy in advance, all in the intense heat of combat.



OLYMPIA WRESTLING

Dating back to a time before anyone thought to give it a name, wrestling was the oldest form of combat known to man. USA Wrestling gathers the nation's best to show the strength, technique, and strategy required on the mat.

OLYMPIA BOXING

The nation's toughest pugilists put their strength, skill, lightning reflexes, and warrior hearts on the line for a chance to bob and weave their way to becoming boxing's best amateur.



OLYMPIA KARATE

One of the best-known martial arts of all time finally makes its debut at Olympia Weekend with USA Karate. As the U.S. Olympic Committee's official governing body for the sport, USA Karate features present and future superstars in action-packed matches.

FLEX STAFF "Seeing these world-class martial artists up close is a real eye-opener. Hey, Johnny, does the Cobra Kai logo on your gi have anything to do with Kai Greene?"

1,100

BOOTH BLOWUP

More booths translates to more stuff for you (and more booth babes)!

Number of booths in 2014: the total in 2008 was 484.



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your limits. Then push further.



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NOX-FL1 ©2015 BSN® For best results supplements should be taken as directed over time, at maximum dosage in conjunction with a healthy diet and regular exercise program. Results may vary.



BIKINI MODEL SEARCH

It's a simple recipe for success: Take one large serving of beautiful girls in bikinis and high heels. Mix together, place onstage, then stand back and wait for swarms of gawking, screaming bystanders. The Bikini Model Search has been a marquee event since 2007. Every year since, it has grown in both the number of contestants and the number of fans. The top three present awards at the Olympia finals at Orleans Arena, with the winner receiving \$2,000 and two VIP tickets to next year's O Weekend.

FLEX STAFF

"You think the girls will need help backstage? I'll happily work O.T. if my assistance is required."

OLYMPIA TAEKWONDO

This popular Olympic sport is renowned the world over for its high-flying kicks, round-houses, and other aerial acrobatics as top-flight taekwondo artists converge on Sin City.

OLYMPIA KETTLEBELL

With origins in Russia and now at the Olympia Expo, this centuries-old training tool is as basic as it gets—and still just as effective. Sit in on the Olympia Kettlebell workshop for all the info you need to get busy in the gym.

RHINO CROSSFIT

It's the ultimate obstacle course, and only you know if you have what it takes to navigate the 10 trials. Competitors will try their best to stay at the top of the leaderboard and collect a share of the \$5,000 in prize money at stake.



BREAKING THE BANK

The prize money increases every year for the sport's richest contest.

\$1,115,000

Total prize money in 2015; in 2004 it was \$540,000.



OLYMPIA INTERNATIONAL PRO POWERLIFTING CHAMPIONSHIPS

You can't have a sports and fitness expo without massive amounts of weight being moved. Enter the Olympia Pro Powerlifting Championships. There's a reason the stage is triple reinforced.

FLEX STAFF "When you have big muscles, people always want to know how much you can lift [so we're told]. Well, these guys take it to the extreme. We wouldn't be surprised if a few world records fall."

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MEN'S MODEL SEARCH

If you have a face and physique that turn heads wherever you go, then see how far your goods can take you by entering the Male Model Search. The last man standing wins \$1,000 and two VIP tickets to next year's O Weekend.

OLYMPIA SAMBO

Created by the Soviet Army, SAMBO is an acronym for SAMozashchita Bez Oruzhiya, which means self-defense without weapons. Merging techniques from other martial arts, including judo and other traditional styles of wrestling, SAMBO is hardcore hand-to-hand combat at its finest.

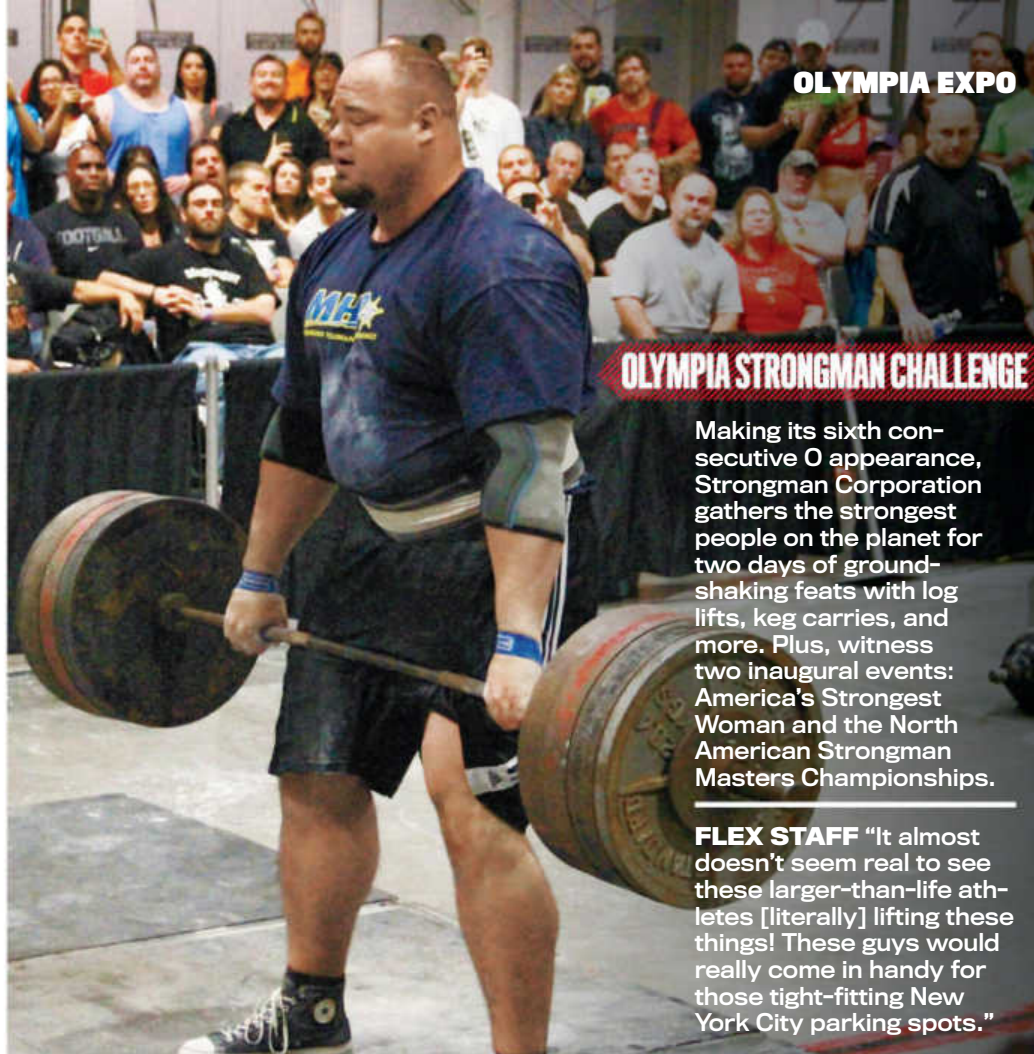
OLYMPIA POINT MMA AND KUNG FU

The immortal Bruce Lee championed a "style with no style" on the road to becoming a complete martial artist. This tournament, open to all ages, promotes that concept as fighters utilize everything in their toolbox to overcome their foes.



OLYMPIC WEIGHTLIFTING

It takes Herculean strength and spot-on coordination to heave hundreds of pounds off the floor and over your head—and the Risto Sports Olympia Cup is where you'll see the best Olympic weightlifters going for it. This AlaskaFit Productions event is a USAW-sanctioned national qualifier with more than \$3,000 in prize money.



OLYMPIA EXPO

OLYMPIA STRONGMAN CHALLENGE

Making its sixth consecutive O appearance, Strongman Corporation gathers the strongest people on the planet for two days of ground-shaking feats with log lifts, keg carries, and more. Plus, witness two inaugural events: America's Strongest Woman and the North American Strongman Masters Championships.

FLEX STAFF "It almost doesn't seem real to see these larger-than-life athletes [literally] lifting these things! These guys would really come in handy for those tight-fitting New York City parking spots."



OLYMPIA KICKBOXING

WAKO Team USA Kickboxing delivers a foot to the face with the US National Kickboxing Championships. This sanctioned event from the largest kickboxing organization in the world will feature top amateur talent from around the globe.

FLEX STAFF "You can't focus on only one level of attack, because if you're looking for the punch, you're liable to eat a kick. You never know what's coming next. Pretty much like a FLEX staff meeting." **FLEX**

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LAST SET

**YOUR
ONE-STOP
SOURCE
FOR
MUSCLE
NEWS**

IFBB Pro League veteran Fred Smalls (finally!) scored a “W” at the Europa Dallas Pro. [PAGE 192](#)

If Jay Cutler and Phil Heath went head-to-head at their peaks, who’d win? You’re the judge and jury. [PAGE 196](#)

Enjoy a candid moment between two bodybuilding icons—brothers Joe and Ben Weider, circa 2008. [PAGE 216](#)



[PAGE 190](#)

BIG WINNER
BIG RAMO WINS
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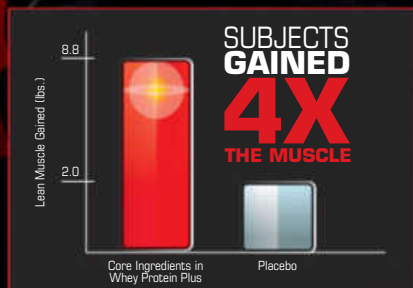
OWN BECOME GREATNESS IT

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Competitor #1	20g	3.5g	X
Competitor #2	16g	6g	X

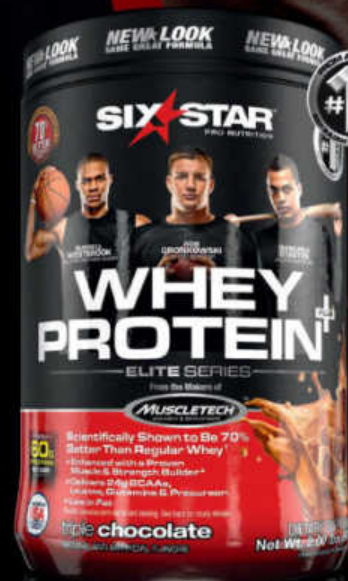
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2015 AMATEUR OLYMPIA SPAIN

JUNE 12-14, TORREMOLINOS, MALAGA, SPAIN

OPEN BODYBUILDING

Over 100kg

- 1 **David Hoffmann***
- 2 Stefano Di Muzio
- 3 Marek Szostak

Up to 100kg

- 1 Miha Zupan
- 2 Ludovic Bogaert
- 3 Dokos Valantis

Up to 90kg

- 1 Ahmed Ashkanani
- 2 Manuel Canadillas
- 3 Samir Troudi

Up to 85kg

- 1 Nicolas Vuilloud
- 2 Josep Merino
- 3 Andres Corrales

Up to 80kg

- 1 Michael Perez
- 2 Alberto Galan
- 3 Mohamed Alrashed

Up to 70kg

- 1 Antonio Herrera
- 2 Jonay Mesa Navarro
- 3 Hussain Alhashemi



BIKINI

Over 169cm

- 1 Daniela Beckova
- 2 Kseniia Sheveleva
- 3 Helga Stibi

Up to 169cm

- 1 Olena Shelest
- 2 Diana Volkova
- 3 Diana Salamon

Up to 163cm

- 1 Ekaterina Krasavina
- 2 Anastasiya Kabanova
- 3 Yulia Khotkina

Up to 158cm

- 1 **Maria Aranguren***
- 2 Esther Castro
- 3 Leyri Blanco



MEN'S PHYSIQUE

Over 178cm

- 1 George Luis Estrella
- 2 Ramses Fernandez
- 3 Alberto Hiciano

Up to 178cm

- 1 Andrea Mosti
- 2 Fahad Al-Ruwaili
- 3 Endika Montiel

Up to 174cm

- 1 **Juan Faro Barros***
- 2 Pontus Koskelainen
- 3 Dennis Johansen

Up to 170cm

- 1 Miguel Angulo
- 2 Carlos Nunez
- 3 Abdulla Al Mazroei

CLASSIC BODYBUILDING

Over 180cm

- 1 Frederic Nadal
- 2 Jack Overberg
- 3 Mario Leal

Up to 175cm

- 1 **Adil Barini***
- 2 Gergely Arnold
- 3 Lica Iacobucci

Up to 180cm

- 1 Fulvio Comoli
- 2 Manuel Hernandez
- 3 Keywan Nabi

Up to 171cm

- 1 Gabriele Giansante
- 2 Fernando Gornals
- 3 Manuel Luque



FIGURE

Over 163cm

- 1 **Elena Kirshchina***
- 2 Ana Fragoso
- 3 Maria Hasselmark

Up to 163cm

- 1 Maria Bozinowska
- 2 Biendvenida Bevia
- 3 Doina Gorun



B

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LAST SET | CONTEST ROUNDUP

Mamdouh "Big Ramy" Elssbiay's mass overwhelms the competition en route to his third pro contest win.



IFBB ARNOLD CLASSIC BRASIL

MAY 30, 2015
RIO DE JANEIRO, BRAZIL

▲ OPEN BODY- BUILDING

- 1 Mamdouh Elssbiay*
- 2 Cedric McMillan
- 3 Juan Morel

FITNESS ▶

- 1 Bethany Wagner*
- 2 Regiane Da Silva
- 3 Tanji Johnson



*Qualified for 2015 Olympia Weekend

IFBB TORONTO PRO SUPERSHOW

June 6, Toronto, Canada



MEN'S BODYBUILDING

- 1 Brandon Curry*
- 2 Johnnie Jackson
- 3 Fred Smalls



MEN'S PHYSIQUE

- 1 Maurice Arthur*
- 2 Matthew Acton
- 3 Michael Ferguson



212

- 1 Zane Watson*
- 2 Shaun Clarida
- 3 Oliver Adzиеvski



BIKINI

- 1 Dayna Maletton*
- 2 Cynthia Benoit
- 3 Jessica Renee



FITNESS

- 1 Ryall Graber*
- 2 Allison Ethier
- 3 Stacy Dawn



FIGURE

- 1 Gennifer Strobo*
- 2 Linda Andrew
- 3 Azaria Glaim



WOMEN'S BODYBUILDING

- 1 Christine Envall*
- 2 Vera Mikulcova
- 3 Jana Bendova



WOMEN'S PHYSIQUE

- 1 CeaAnna Kerr*
- 2 Pamela Slemmons
- 3 Leah Johnson

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BIGGIE'S FIRST

**FRED SMALLS
NAILS IT AT
THE EUROPA
DALLAS PRO**

■ Twenty. That just may be Fred Smalls' new favorite number. In his five-year pro career, Smalls' highest contest placing was second at the 2012 Chicago Pro. On June 20, in his 20th show, Smalls finally scored his "W" at the Europa Dallas Pro. "Winning an IFBB pro show is a dream come true," Smalls said the day after his victory.

"I believe this win will truly solidify me as a top contender at this year's Olympia. I love entertaining the fans through my routines, but it's important to also be respected for my physique."

Smalls looks to ride his momentum into his second consecutive Mr. Olympia appearance this September. Oh, and incidentally, Smalls' posing routine did bring down the house.



THAT'S MS. AMBASSADOR

Nicole Wilkins named IFBB ambassador



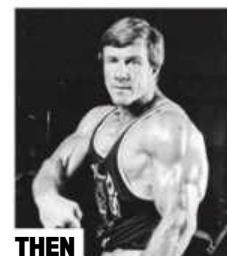
■ At first glance, Nicole Wilkins is the quintessential beautiful blonde with an incredible body—not that there's anything wrong with that. But if that's all you see, you'd miss the record four Figure Olympia titles, three Figure Internationals, and five other pro wins, not to mention the countless magazine covers, successful workout videos, training camps, and the latest addition to her résumé: IFBB ambassador. The IFBB said this about Wilkins: "Ms. Wilkins, one of the most outstanding female champions in IFBB history, represents many of the IFBB values, and she is as well an extraordinary model of personal growth in a fitness career. The IFBB recognizes her contributions to women's involvement in sports and her promotion of a healthy lifestyle."

We look forward to seeing more of Wilkins as she uses her talents to spread the good that comes from living a fit and healthy lifestyle. Oh, and seeing if she can win a fifth Figure Olympia this September.

THE PAST AND THE PRESENT

The impressive career of Jim Manion, president of the IFBB Pro League and NPC

■ He entered his first bodybuilding contest as an 18-year-old in Pittsburgh, PA, and won several shows, among them the 1971 Mr. Pittsburgh. Since then, bodybuilding has been a driving force in Jim Manion's life. The apex moments came in 1981, when he created the National Physique Committee, now the largest amateur national federation in the world, and in 2004, when the late Ben Weider appointed Manion chairman of the IFBB Professional League. (He was named president in 2013.) The Prez is plenty busy running the sport but still manages to get his workouts in. After all, the man is a bodybuilder at heart!



THEN

Checking his progress in his namesake gym



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Matt Taylor // TEAM USPLABS ATHLETE*

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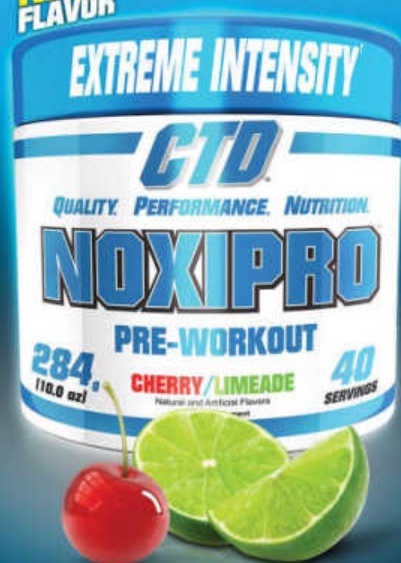
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LAST SET | NEWS

2015 AMATEUR OLYMPIA SPAIN

The first AO Spain is off to a promising start for the sport of bodybuilding and fitness

■ With **Olympia** as one of the words in the title of your contest, you can guarantee that it will be an event to be remembered. Thanks to promoter and IFBB president Dr. Rafael Santonja, the Amateur Olympia Spain more than lived up to the standards of the prestigious Olympia brand. Held June 12 to 14 in beautiful Torremolinos, Spain, the first-year contest boasted more than 330 competitors from 38 countries. The battle for the men's bodybuilding overall title was a tight race between David Hoffmann from Germany and Ahmed Ashkanani from Kuwait. In the end, Hoffmann got the nod from the judges. Hoffmann, along with other division overall winners, earned his IFBB pro card. Check out the results in our Contest

Roundup page, and go to FLEXonline.com for full photo galleries.

The Amateur Olympia Spain is one of seven Amateur Olympias. The other hosts are Hong Kong, People's Republic of China; Queensland, Australia; Prague, Czech Republic; Kuwait City, Kuwait; Liverpool,

England; and Moscow, Russia. Overall winners in all divisions earn IFBB pro cards, with the overall winners of the Amateur Olympia World Showdown in Moscow qualifying for the IFBB Olympia Weekend.

For more, go to mrolympia.com.



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1	Moscow
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3	Prague
4	Liverpool
5	Spain
6	Hong Kong
7	Queensland

IN MEMORIAM

FERAS SAIED Jan. 17, 1981–June 6, 2015

■ Feras Saied was competing in only his second year as an IFBB pro. The 6'3", 285-pounder was relatively unknown, but with a career-high second place at the California State Pro on May 23 in Culver City, CA, things seemed to be taking a turn for the better. Sadly, the 34-year-old lost his life in a motorcycle accident in Dubai in June. Saied's competitive career took off in 2011 when he placed second in the super-heavyweight division of the Amateur Olympia. That same year, he earned his pro card with a super-heavy win at the Arnold Amateur Europe. Saied also placed 11th at the 2015 Orlando Show of Champions. FLEX sends our condolences to his family and friends.



JOE DeANGELIS June 9, 1966–May 7, 2015

■ Bodybuilding fans remember Joe DeAngelis for the heavy weights he hoisted in the gym and the exposure he received in various bodybuilding publications. DeAngelis' thick build landed him several NABBA and AAU titles. In NPC competition, he placed sixth in the super-heavyweights at the 1999 USA and fifth in the heavies at the IFBB North American Championships. DeAngelis died of complications from kidney failure. FLEX remembers DeAngelis, and our thoughts are with his family and friends.

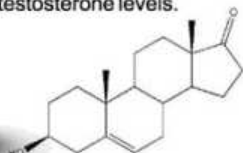




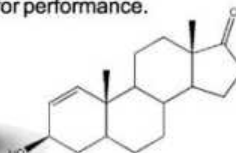
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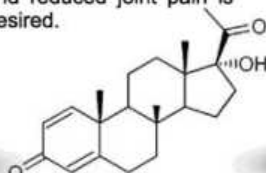


ANABOLIC CONTROL ACT 2014 EXEMPT

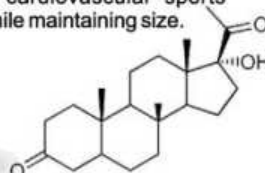
All LG Sciences prohormones are exempt from the recent Anabolic Control Act which was passed in 2014. As DHEA and Progestin based prohormones, the products we sell are NOT Schedule III Anabolic Steroids and won't put you in a position to break the law! You can use LG Sciences products confidently.



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Joe Leahy - NPC Competitor

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CUTLER

HEIGHT

5'9"

WEIGHT

270

AGE

42

YEARS
AS PRO

15

PRO
CONTESTS

37

PRO WINS

16

HEATH

HEIGHT

5'9"

WEIGHT

250

AGE

35

YEARS
AS PRO

9

PRO
CONTESTS

16

PRO WINS

10



CUTLER vs. HEATH

THE WINNERS OF EIGHT OF THE PAST NINE OLYMPIAS ARE TIED
WITH FOUR SANDOWS APIECE

Statistics may not lie, but they can shade the truth. For instance, Jay Cutler and Phil Heath are currently tied with four Mr. Olympia titles each, and the Gift goes for number five on Sept. 19. However, Cutler—who competed in five more Olympias than Heath—finished in the top two at the Mr. O a record 10 times, twice as many as the Gift. If not for Ronnie Coleman's eight-win streak, how many Sandows would fill Cutler's mantel? We'll never know.

HEAD-TO-HEAD RECORD

CUTLER
3 (2 wins)

HEATH
3 (3 wins)

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LAST SET | POSEDOWN

■ Likewise, we never got to see these close friends face off when both were at their peaks, even though they finished one-two in the Olympia twice: Cutler's 2010 win and Heath's 2011 victory. That latter O was the Gift's best (so far), but Cutler summited in 2009 or 2006 or at even earlier shows. Despite both standing 5'9", their physiques were a contrast in types. Cutler was wide—through the shoulders but also the hips—and his bigger frame carried more mass. Heath's skeleton isn't as vast, but he regularly features a Sandow-winning combination of deep density and detailing. Who would've come out on top if these two four-timers had squared off at their pinnacles?

JAY CUTLER
STRENGTHS
shoulder and
back width

WEAKNESSES
hip width, chest

BEST POSE
rear lat spread

WORST POSE
side chest

PHIL HEATH
STRENGTHS
arms, leg
separation

WEAKNESSES
shoulder and
back width

BEST POSE
rear double
biceps

WORST POSE
abs and thigh

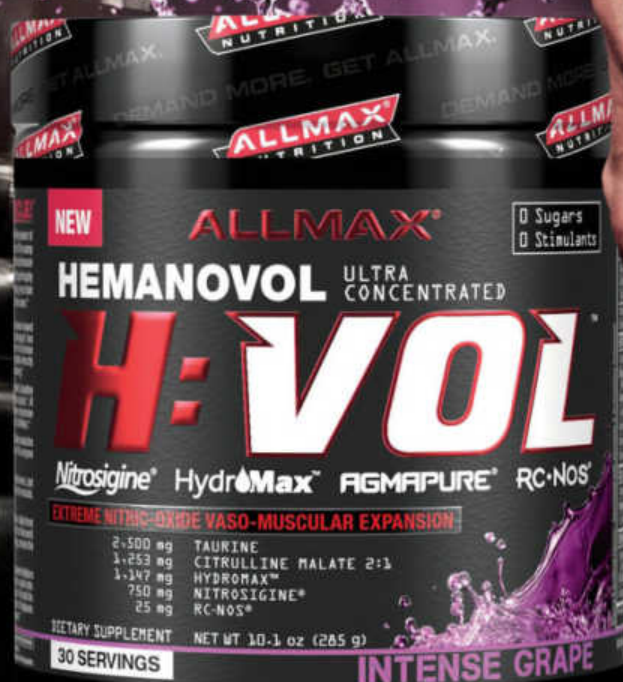


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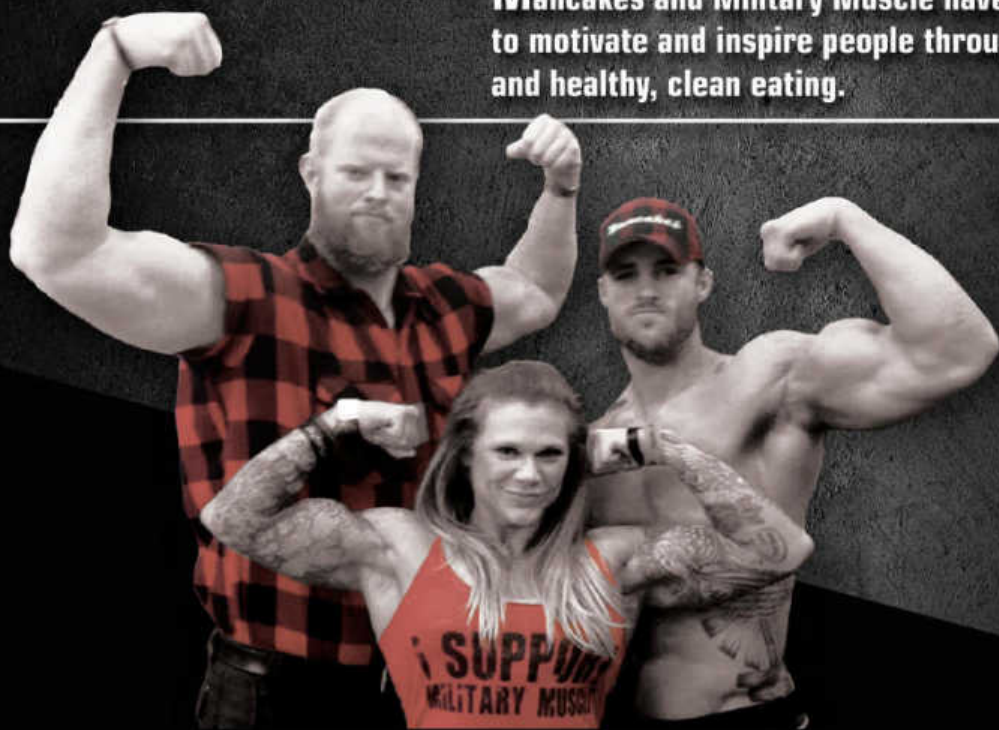
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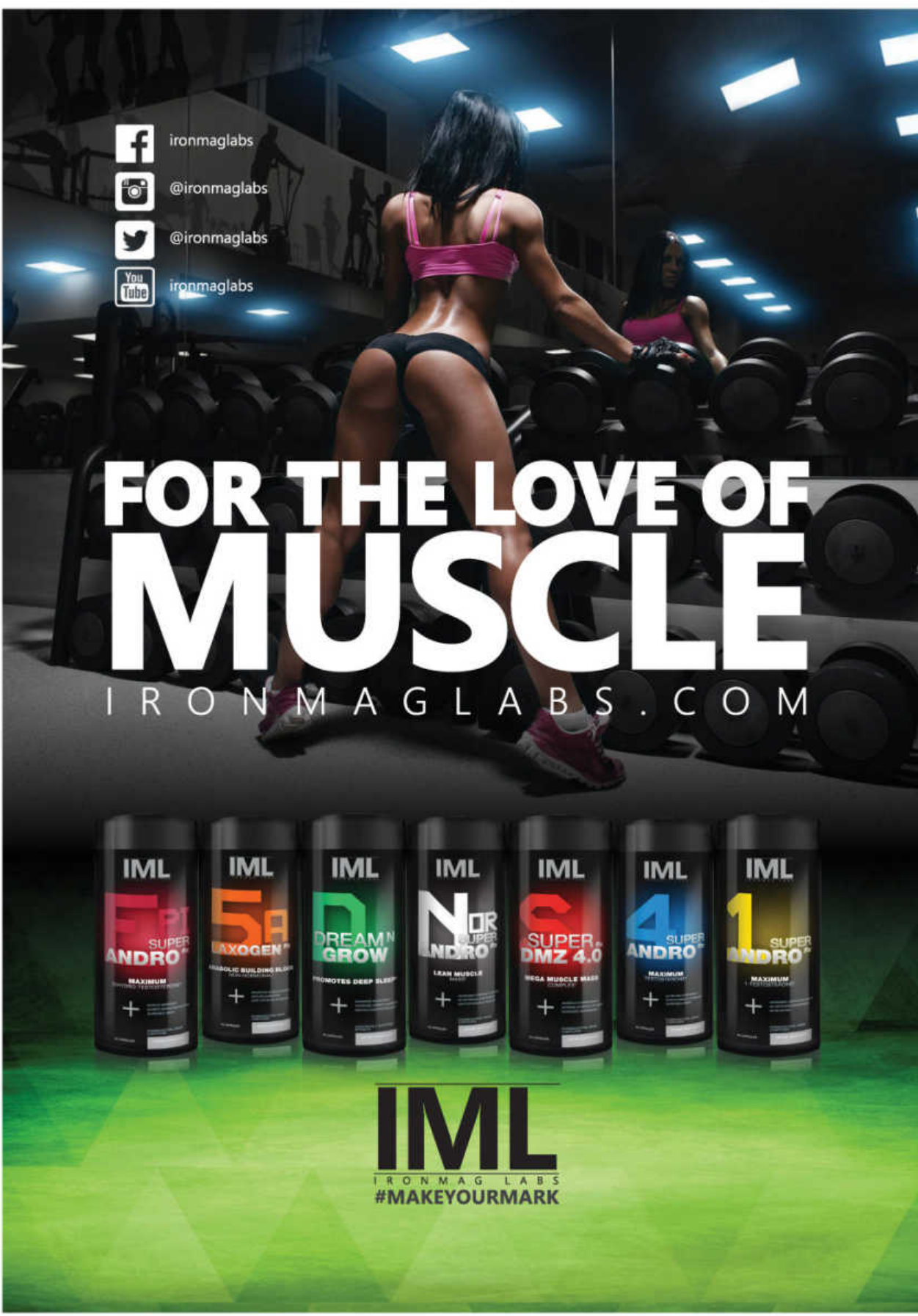
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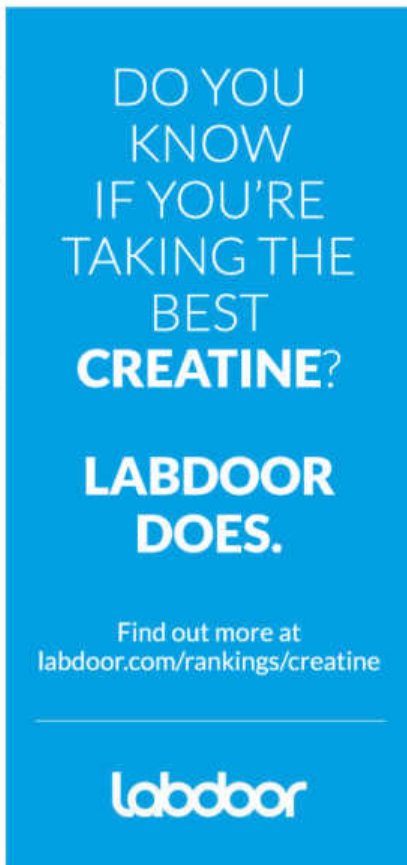
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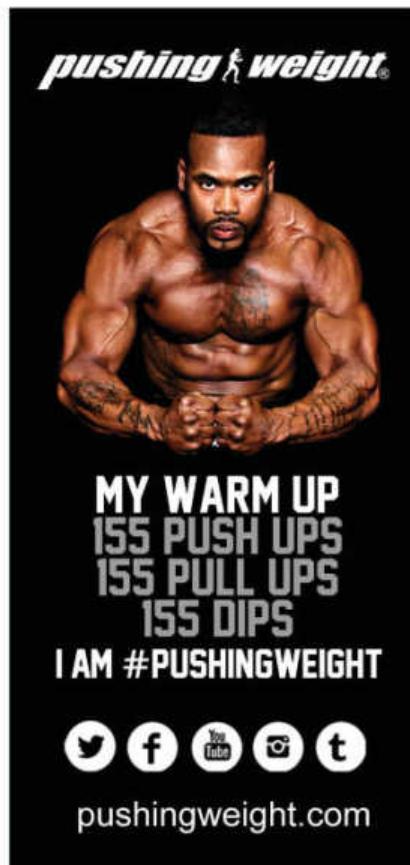


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
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ON THE WEB

For additional local event listings, information on entering these contests, and more, go to npcnewsonline.com and ifbbpro.com

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THE SHOT

IRON BOND

■ At the 2008 Mr. Olympia, brothers Joe and Ben Weider shared a quiet moment together amid the chaos of the backstage activity, and photographer Amina Cruz captured it in this impromptu shot. The two began their lifelong love of bodybuilding during their formative years in Montreal, Canada, and went on to form the International Federation of Bodybuilders (IFBB) in 1946. In 1965, Joe created the Mr. Olympia, the sport's highest honor. Together, they helped create the bodybuilding and fitness industry we know today. Sadly, this was the last time the two brothers would be together. Ben passed away on Oct. 17, 2008, Joe on March 23, 2013. As the 50th anniversary of the Mr. Olympia takes place this September, FLEX remembers the brothers of iron who made it all possible.





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